Officium Eucharisticum.

A PREPARATORY SERVICE TO A Devout and Worthy Reception OF THE

Lord's Supper.

The Sixteenth Edition.

To which is Added
A MEDITATION for every DAY in the WEEK.

St. Luke xxiv. 36.
He was known to them in breaking of Bread.

LONDON:
Printed for *E. Wilkinson*, and Sold by her and *A. Roper*, at the *Black Boy* over-against St. *Dunstan's* Church in *Fleet-street*. M DC XCV.

Imprimatur,

Hic Liber, cui Titulus, Officium Eucharisticum.

Ex Ædibus *Lambeth.*
Jun. 13. 1677.

Ant. Saunders

To Her Royal Highneſs the

PRINCESS

OF

ORANGE.

MADAM,

WHen I firſt reſolved a third *Review* of theſe *Rude Collections*, I was eaſily perſuaded by my Friends to Addreſs them to your HIGHNESS, not out of a deſign to beg your *ſhelter* and *protection* of them from the *ill uſages* of a *cenſorious* and *inhoſpitable* World, not out of an *overweening deſire* of *raiſing an Obelisk* to my otherwiſe *periſhing* and *private memory*, though I know that your *Authority* will keep them in breath long after the *Author* ſhall have expired his; not out of an *innocent Ambition* to proclaim my *Obligations* to your HIGHNESS, which are more and greater than can be

crouded into an *Epistle.* These indeed are the *usual Pretences* of *Dedications*, but my aim is higher, and directed to a more *important end*, by telling the World how *Good*, how *Religious* You are, to encourage You to be more so. And yet in *attempting* this I may seem *impertinent*; because you are become your own *Theatre*; every *Scene of your Life* is so generally known (while the World is a Spectator to *applaud* and *admire* you) that it were even an *unpardonable arrogance* in a man of my *mediocrity*, either to think of adding any thing to your HIGHNESS's *Lustre*, or to believe I need open my *Reader's Eyes.* The *gravity* and *sweetness* of your *Mein*, the *affability* of all your *Comportments*, the *vertue*, *innocence*, and *goodness* of your *Life*, your *resolved Constancy* in adhering to the *Religion* of our *Church*, your *frequent and devout Retirements* into your *Closet*, your *unwearied Attendance* at your *Chappel* and *Altar*, are sufficiently obvious, that the bare *knowledge* of your HIGHNESS hath been enough to render you beloved, which yet

one

one cannot but do with a most *profound Respect*. And, *Madam*, you have often encouraged me to tell you, that these *Endowments* will ever more import and help you than any *external* or *worldly* ones, wherewith too you are abundantly provided. The *celsitude* of your *Descent* that enrols your Name in the Catalogue of the *Great*, is secular and transitory, calculated for this *World*: but it is your *Grace* and *Vertue* that writes it in the *Book of Life*. *Beauty* is fading, *Grandeur* is fugitive, the *Wreaths of civil Honour* are withering; but your *Godliness* is a *Crown* that shall not fade away, gloriously set off with a *diffusive Charity*, a *great Humility*, and an *exemplary Devotion*; to the improvement of which your HIGHNESS hath made me proud to say, that these *Devotionals* have not a little contributed. As to the *Meditation* subsequent to them, they were written by *a Reverend Person of this Church*, a true *lover of Souls*, (as some *eminent* Persons about the *Court* have abundantly experienced) and you have professed your self *delighted* with them,

and *benefited* by them. God Almighty make them all effectual to the *furtherance* of your *spiritual good*, and eternal *blessedness*. And may that good God still multiply upon you his *Blessings*, may your Soul be still precious *in his sight*, as the *apple of his Eye*, as the *Signet* upon his *right Hand!* May he preserve you stedfast and unmoveable, always abounding in the work of the Lord, in the Constant Exercises of your Holy Religion (wherein you have been happily Educated) amidst all the gaudy divertisements of this vain and transitory World, which is the no less hearty than dutiful Prayer of,

Madam,

Your Highnesses most Humble,

most Devoted, and most Faithful,

Servant and Chaplain,

St. James's
June 3.
1677.

E. Lake.

TO THE READER.

Good Reader,

THis little Manual *of Directions and Prayers for the* Holy Communion *first designed for a Private use, now shews it self in Publick, on presumption it may help thee in thy* Closet Retirements *towards a pious Preparation thereto, and a worthy Reception thereof.*

I will not be tedious in Prefacing it; only I cannot say it is mine, but a Collection; and recommends it self unto thee cloathed in the Language, not of any Private Conception, (*of such the World is already full enough*) *but of* Primitive Liturgies; *of that of our Holy Church, and some of the most* Devout Fathers of it, *Bishop* Andrews, *Bishop* Cosins, *and that Great and Good Man Archbishop* LAUD, *who lived a* Patron *of it, and died a* Martyr *for it.*

The Collector is not curious or ſollicitous to think, how it may go down with a ſort of People, *whoſe* unwieldy zeal *hath tranſported them under a pretence of ſpueing out* Popery, *to diſreliſh and traduce any thing that is* Primitive: *But, the Sober and Devout Chriſtian, who lives in the* Communion *of* this Church, *He is ſecure of. And that it may further thee in the Attainment of our* Common Salvation, *is his ſincere and hearty deſire; in return to which, he begs thee nothing, but to* recommend him *now and then in theſe thy* Private Addreſſes *to the Throne of Grace.*

A

Preparatory Office

FOR THE

Holy Communion.

THE neareſt and moſt ſolemn Intimacy and *Communion* we have with God in this world, is exhibited to us in the Bleſſed *Euchariſt*; that is to ſay, the *Sacrament of the Lord's Supper*, wherein (according to our Church Catechiſm) the *Body and Blood of Chriſt are verily and indeed taken and received by the Faithful*; and hence it is called by S. *Paul*, 1 *Cor.* x. 16. the *Communion* of his *Body*, and the *Communion* of his *Blood*; ſo that by a due and worthy participation hereof, we are *really Incorporated* into Chriſt, we dwell in Chriſt and Chriſt in us; we are made one with Chriſt and Chriſt with us: In regard of which invaluable Privilege, as well as the great dangers which threaten unworthy Addreſſes thereunto, now eſpecially we ſhould enter into, and heed our ſelves, being careful to perform all *Devotional Acts of Worſhip* and *Piety*, which may conduce to a good acceptable Celebration of ſo Divine a Myſtery: Saint *Paul* hath comprehended them all under this One Word and Duty of *Examination*, 1 *Cor.* xi. 28. which includes more than we can readily conceive: I ſhall not inſiſt upon

those Graces of *Faith*, *Repentance*, and *Charity*, about which it should be chiefly conversant; but do immediately proceed to those *Preparatory Acts of Devotion*, which should be exercised in order to a due Reception of this blessed Sacrament.

I Begin then, as you should in this, and in all other Duties of Religion, *IN THE NAME OF GOD*, And Exhort, that having received *notice* from *God's Priest*, of a *Communion* to be celebrated *the next Sunday*, you forthwith set your self to this great Work, of fitting your self for a right participation thereof. Whatever you do, let *this* be ever and anon *uppermost* in your thoughts that *whole week*, reflecting on your spiritual Estate, and especially on *that time*, which God hath lent you from your *last Reception*; what Graces you have improved, what Duties omitted, what Sins committed, out of a hearty resentment of which, breath forth sometimes these, or the like pious Ejaculations.

I Have sinned; what shall I do unto thee, O thou *Preserver of Man!* Lord, I am not worthy to come under thy roof; but speak the word only, and thy Servant shall be healed.

Adding these two Collects *to your Private Devotions, both at* Morning *and* Evening *that* whole Week.

ALmighty God, who of thy tender mercy didst give thine only Son *Jesus Christ*, to suffer death upon the Cross for our *redemption*, and didst *institute*, and in thy holy Gospel command us to continue a *perpetual memory* of that

that his precious death, until his coming again: Hear me, moſt merciful Saviour, I moſt humbly beſeech thee, and make my *groanings*, my *deſires* after this *Holy Sacrament* anſwerable to my needs of it. But, O Lord, how ſhall ſuch a wretch as I dare to approach thy *holy Table*? How ſhall I preſume to take the *Childrens bread* who am as a vile dog in thy ſight? I have often *trampled* thoſe precious things *under foot*, *either* careleſly neglecting or *unworthily receiving* thoſe *Holy Myſteries*: O Lord, my horrible guiltineſs makes me tremble to come, and yet makes me not dare to ſtay away; for, where ſhall this polluted Soul be waſhed, but in this fountain opened for ſin, and for uncleanneſs? Hither then I come; and thou haſt promiſed, that he that cometh to thee, *thou wilt in no wiſe caſt out*. Grant me therefore, Gracious Lord, *ſo to eat the fleſh* of thy dear Son *Jeſus Chriſt*, and to *drink his blood*, that my ſinful *body* may be made clean by his *body*, and my *ſoul* waſhed through his moſt *precious blood*. *Amen*.

I Will not preſume to come to thy *Table*, O merciful Lord, truſting in mine own righteouſneſs, but in thy manifold and great mercies declared unto mankind in our Lord Jeſus Chriſt; for whoſe ſake, give me, I pray thee, ſuch a *preparation of ſoul*, as may qualifie me for

for a worthy approach thereunto: To this end, make me heartily ſenſible of my ſins and unworthineſs; raiſe up my dull and earthly mind from groveling here below, and inſpire it with a holy zeal to ſeek thoſe things that are above: Let that infinite love of Chriſt in dying for ſo wretched a ſinner, inflame my ſoul, and kindle in me that ſacred fire of love to him again, and to all thoſe whom he hath given me command and example to love, *Enemies* as well as *Friends*, and that for his ſake: Cloath me, O Lord, in the *wedding garment*; and make me, tho of my ſelf a moſt unworthy, yet by thy mercy, an acceptable gueſt at *thy table*, that I may not eat or drink my own Damnation, but Salvation through Jeſus Chriſt our Lord. *Amen.*

Having recommended your ſelf unto God, with theſe or the like Collects, in your *private Retirements*: I do earneſtly exhort you to *frequent the publick Prayers of the Church*: (nothing but a charitable, or ſome very urgent occaſion can, this Week, or indeed ſhould at *any time* excuſe you;) and to attend them with all *poſſible Devotion*: Watch your ſelf now *eſpecially*, your thoughts, words, and actions, that they be not wicked or vain; or if at any time they ſhould, that you forthwith recal and check your ſelf, ſaying or thinking thus,

Lord have mercy upon me!
Chriſt have mercy upon me!
Lord have mercy upon me!

I Said I will take heed to my ways, that I offend not with my tongue. O God, who knoweſt us to be ſet in the midſt of ſo many and great dangers, that by reaſon of the frailty of our nature, we cannot always ſtand upright; grant to me ſuch ſtrength and protection, as may ſupport me in all dangers, and carry me through all temptations; through Jeſus Chriſt our Lord. *Amen.*

Set apart the Friday *of every ſuch Week as a Day of Holy* Faſting *and* Abſtinence, *riſing earlier than uſually, if your Health will permit you, at* Five of the Clock; and being apparelled and ready, you may retire to your ordinary Morning Prayers.

I will not preſume to confine you to thoſe at the end of this Book, but do ſuppoſe you already fixed; however peruſe them, and poſſibly they may ſuit your *Condition*, they will undoubtedly your *Devotion*. Subjoin to them on every ſuch Faſting-day the two Collects for *Preparation to the Communion* above written, as alſo the 130 *Pſalm*.

1 OUT of the deep have I called unto thee, O Lord, Lord, *hear my voice.*

2 O let thine ears conſider well the voice of my complaint.

3 If thou, Lord, wilt be extreme to mark what is done amiſs, O Lord, *who may abide it?*

4 For there is mercy with thee, therefore ſhalt thou be feared.

5 I look for the Lord, my ſoul doth wait for him; in his Word is my truſt.

6 My

6 My ſoul fleeth unto the Lord before the Morning Watch, *I ſay, before the Morning Watch.*

7 O *Iſrael*, truſt in the Lord, for with the Lord there is mercy: and with him is plenteous Redemption.

8 And he ſhall redeem *Iſrael* from all his ſins.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.
As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

Ariſing from Prayer, you muſt preſently ſet your ſelf to *recollect your life paſt*, eſpecially ſince you *laſt received* by that *Catalogue of ſins*, ſet down at the end of this Book, reading it conſideringly over, and at *every particular* ask your Soul, *Whether you are guilty of that ſin?* And commit to *writing* thoſe ſins you diſcover your ſelf guilty of, with their reſpective aggravations, *viz.* If they were committed *againſt knowledge*, or on *mature deliberation*, or *againſt the reſiſtance of Conſcience*, &c.

I ſuppoſe this Duty of *Self Examination* moſt neceſſary to this great work, diſpatched by *Nine of the clock*, when taking the Paper in your hand, humbly *proſtrating* your ſelf, ſay,

THE good Lord pardon every one that *prepareth* his heart to ſeek God, the Lord God of his Fathers, though he be not *cleanſed* according to the *Purification of the ſanctuary*.

Then

Then Kneel and Pray, Pſal. 6.

1 O Lord, rebuke me not in thine indignation, neither chaſten me in thy diſpleaſure.

2 Have mercy upon me, O Lord, for I am weak; O Lord heal me for my bones are vexed.

3 My ſoul alſo is ſore troubled; but Lord, how long wilt thou puniſh me?

4 Turn thee, O Lord, and deliver my ſoul; O ſave me for thy mercies ſake.

5 For in death no man remembreth thee, and who will give thee thanks in the pit?

6 I am weary of my groaning; every night waſh I my bed, and water my couch with my tears.

7 My beauty is gone for very trouble, and worn away becauſe of all mine enemies.

8 Away from me, all ye that work vanity, for the Lord hath heard the voice of my weeping.

9 The Lord hath heard my petition; the Lord will receive my prayer.

10 All mine enemies ſhall be confounded and ſore vexed; they ſhall be turned back, and put to ſhame ſuddenly.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.

As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

O God,

O God, to whom Vengeance belongeth, ſhew thy ſelf, but let it be in pity and compaſſion to thy wretched and unworthy ſervant, who in all humility confeſs my ſelf a wicked and ſinful creature. I acknowledge thoſe ſins, which if I would, I cannot hide from thee, my ſins of *pride* and *vain glory*, of *hatred* and *envy*, of *gluttony* and *wantonneſs*; I accuſe my ſelf of my wicked *deſires* and *thoughts* which I have *conceived*,* of my *wanton* and *evil words* which I have ſpoken,* of my *naughty* and *ungodly deeds* which I have committed.* I acknowledge and bewail theſe my manifold ſins and wickedneſſes, which I from time to time moſt grievouſly have committed by thought, word, and deed, againſt thy divine Majeſty, provoking moſt juſtly thy wrath and indignation againſt me. I do earneſtly repent, and am heartily ſorry for theſe my miſdoings; the remembrance of them is grievous unto me; the burden of them is intolerable. Have mercy upon me, have mercy upon me, moſt merciful Father, for thy Son Jeſus Chriſt's ſake, forgive me all that is paſt; and grant that I may ever hereafter ſerve and pleaſe thee in newneſs of life, to the honour and glory of thy Name, through Jeſus Chriſt our Lord. *Amen.*

* *At theſe marks have recourſe to thoſe ſins noted in your Paper.*

For-

FOrgive me my ſins, O Lord; forgive me the ſins of my *Age*, and the ſins of my *Youth*; the ſins of my *Soul*, and the ſins of my *Body*; my *ſecret*, and my *whiſpering* ſins; my *preſumptuous* and my *crying* ſins; the ſins that I have done to *pleaſe my ſelf*, and the ſins that I have done to pleaſe others.

Forgive me my *wanton and idle ſins*; forgive me my *ſerious and deliberate ſins*; forgive me thoſe ſins which *I know*, and thoſe ſins which *I know not*; the ſins which I have laboured ſo long to *hide from others*, that now I have even *hid them from my own memory*: forgive me them, O Lord, forgive them all; of thy great mercy let me be *abſolved* from all my offences, and of thy bountiful goodneſs, let me be delivered from the bands of thoſe ſins, which by my frailty I have committed. Grant this, O Heavenly Father, for Jeſus Chriſt his ſake, our bleſſed Lord and Saviour. *Amen.*

Adding this ſhort Litany, and the following Prayers, which on any other *Friday*, or Faſting-day, may be of uſe to you, omitting only the Paper for Preparation to the Sacrament.

O God, the Father of heaven, have mercy upon me a moſt miſerable ſinner!

O God the Son, Redeemer of the world, have mercy upon me a moſt miſerable ſinner!

O God the Holy Ghoſt, proceeding from the

the Father and the Son, have mercy upon me a moſt miſerable ſinner!

O Holy, Bleſſed, and Glorious Trinity, three Perſons and one God, have mercy upon me a moſt miſerable ſinner!

Remember not, Lord, my offences, nor the offences of my Fore fathers, neither take thou vengeance of my ſins: Spare me good Lord, ſpare thy ſervant whom thou haſt redeemed with thy moſt precious blood, and be not angry with me for ever, *Spare me good Lord!*

From all evil and miſchief, from ſin, from the crafts and aſſaults of the Devil, from thy wrath, and from everlaſting damnation, *Good Lord deliver me!*

From all blindneſs of heart, from pride, vain-glory and hypocriſie; from envy, hatred, and malice, and from all uncharitableneſs, *Good Lord deliver me!*

From fornication and all other deadly ſins, and from all the deceits of the world, the fleſh, and the devil, *Good Lord deliver me!*

From, &c. [Here repeat thoſe ſins of which you have found your ſelf guilty, and noted in your Paper.]

Good Lord deliver me!

From

From hardneſs of heart, from contempt of thy word and commandments, from any evil thought which may aſſault and hurt my ſoul,

Good Lord deliver me!

From all adverſities that may happen to the body, from noiſom and infectious diſeaſes, and from ſudden death,

Good Lord deliver me!

By thy agony and bloody Sweat, by thy croſs and paſſion, by thy precious death and burial, and by thy victorious deſcenſion into Hell, *Good Lord deliver me!*

By thy glorious reſurrection and aſcenſion, and by the wonderful coming of the Holy Ghoſt, *Good Lord deliver me!*

In all time of my tribulation, in all time of my wealth, in the hour of death, and in the day of judgment,

Good Lord deliver me!

I who am a moſt miſerable ſinner, do beſeech thee to hear me, O Lord God; to keep and ſtrengthen me in the true worſhipping of thee; and to give me grace to ſerve thee in righteouſneſs and holineſs all the days of my life, *I beſeech thee to hear me, good Lord!*

That

That it may pleaſe thee to rule my heart in thy faith, fear, and love, and that I may evermore have affiance in thee, and ever ſeek thy honour and glory,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to be my defender and keeper, giving me the victory over the world, the fleſh, and the devil,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to endue my ſoul withgrace, wiſdom, and underſtanding,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me an heart to love and dread thee, and diligently to live after thy commandments,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me increaſe of grace, to hear meekly thy word, and to receive it with pure affection, and to bring forth the fruits of the ſpirit,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to ſtrengthen me when I ſtand, to comfort and help me when I am weak-hearted; to raiſe me up when I fall; and

and finally to beat down Satan under my feet,

I beſeech thee to hear me good Lord!

That it may pleaſe thee to ſuccour, help, and comfort me, when I am in danger, neceſſity, and tribulation,

I beſeech thee to hear me good Lord!

That it may pleaſe thee to give me, as at all times, ſo now eſpecially, due preparation of mind, that I may worthily participate this holy ſacrament,

I beſeech thee to hear me, good Lord!

To this end may it pleaſe thee to forgive mine enemies, perſecutors, and ſlanderers, and to turn their hearts,

I beſeech thee to hear me, good Lord!

That it may pleaſe thee to give me true repentance; to forgive me all my ſins, negligences and ignorances, to endue me with a lively and a ſtedfaſt faith, and a ſincere reſolution to amend my life according to thy holy word, *I beſeech thee to hear me, good Lord!*

O Son of God, I beſeech thee to hear me.

O Lamb of God, that takeſt away the ſins of the world, *Grant me thy peace.*

O Lamb of God, that takeſt away the ſins of the World, *Have mercy upon me.*
O Chriſt hear me.
Lord have mercy upon me!
Chriſt have mercy upon me!
Lord have mercy upon me!
Our Father, &c.
Deliver us from evil, Amen.
O Lord deal not with me after my ſins.
Neither reward me after mine iniquities.

PSALM 51.

1 HAve mercy upon me, O God, after thy great goodneſs; according to the multitude of thy mercies do away mine offences.

2 Waſh me throughly from my wickedneſs, and cleanſe me from my ſin.

3 For I acknowledge my fault, and my ſin is ever before me.

4 Againſt thee only have I ſinned, and done this evil in thy ſight, that thou mighteſt be juſtified in thy ſaying, and clear when thou art judged.

5 Behold I was ſhapen in wickedneſs, and in ſin hath my Mother conceived me.

6 But lo, thou requireſt truth in the inward parts, and ſhalt make me to underſtand wiſdom ſecretly.

7 Thou ſhalt purge me with Hyſſop, and I ſhall

ſhall be clean; thou ſhalt waſh me, and I ſhall be whiter than Snow.

8 Thou ſhalt make me hear of joy and gladneſs, that the bones which thou haſt broken may rejoice.

9 Turn thy face from my ſins, and put out all my miſdeeds.

10 Make me a clean heart, O God, and renew a right ſpirit within me.

11 Caſt me not away from thy preſence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and eſtabliſh me with thy free Spirit.

13 Then ſhall I teach thy ways unto the wicked, and ſinners ſhall be converted unto thee.

14 Deliver me from blood guiltineſs, O God, thou that art the God of my health: and my tongue ſhall ſing of thy righteouſneſs.

15 Thou ſhalt open my lips, O Lord, and my mouth ſhall ſhew forth thy praiſe.

16 For thou deſireſt no ſacrifice, elſe would I give it thee; but thou delighteſt not in burnt-offerings.

17 The ſacrifice of God is a troubled ſpirit: a broken and contrite heart, O God, ſhalt thou not deſpiſe.

18 O be favourable and gracious unto *Zion*: build thou the walls of *Jeruſalem*.

19 Tho

19 Then ſhalt thou be pleaſed with the ſacrifice of righteouſneſs, with the burnt-offerings and oblations; then ſhall they offer young bullocks upon thine altar.

Glory be to the Father, &c.

O Lord, I beſeech thee mercifully to hear me; and ſpare me, and all thoſe who do confeſs their ſins unto thee, that they whoſe conſciences by ſin are accuſed, by thy merciful pardon may be abſolved, through Jeſus Chriſt our Lord.

O Moſt mighty God, and merciful Father, who haſt compaſſion upon all men, and hateſt nothing that thou haſt made, who wouldeſt not the death of a ſinner, but rather that he ſhould turn from his ſin and be ſaved: mercifully forgive me my treſpaſſes, receive and comfort me who am grieved and wearied with the burden of my ſins: thy property is always to have mercy, and to thee only it appertaineth to forgive ſins: ſpare me therefore, good Lord, ſpare me, ſpare thy ſervant whom thou haſt redeemed; enter not into judgment with thy ſervant, who am vile earth, and a miſerable ſinner; but ſo turn thine anger from me, who meekly acknowledg my vileneſs, and truly repent me of my faults, and ſo make haſte to help me in this world, that I may ever live with thee

thee in the world to come; through Jeſus Chriſt our Lord. *Amen.*

TUrn thou me, O good Lord, and ſo I ſhall be turned; be favourable, O Lord, be favourable to thy ſervant, who turns to thee in *weeping*, *faſting*, and *praying*: For thou art a merciful God, full of compaſſion, long-ſuffering, and of great pity: Thou ſpareſt when we deſerve puniſhment, and in thy wrath thinkeſt upon mercy: Spare thy Servant, good Lord, ſpare me, and let me not be brought to confuſion; Hear me, O Lord, for thy mercy is great; and after the multitude of thy mercies, look upon me, through the merits and mediation of thy bleſſed Son Jeſus Chriſt our Lord. *Amen.*

THE Lord bleſs me, and keep me, the Lord lift up the light of his countenance upon me, and give me peace, now and for evermore. *Amen.*

The time following to *Eleven of the Clock*, you may beſtow in *dreſſing* and fitting your ſelf for the *publick Prayers of the* CHURCH, which then you muſt by no means fail to be *preſent at*. In the mean time, let no ſinful thoughts poſſeſs your Soul, no vain or idle Communication proceed out of your mouth, but ſuch as may tend to edifying. Examine, exhort, encourage your Servants, or thoſe about you, whom you have commanded, or who purpoſe to receive this bleſſed Sacrament with you; and be careful to avoid the Con-

verſation of thoſe who may probably tempt you to ſin and vanity.

Returning from Church or Chappel, about *Twelve of the Clock*, humble your ſelf again before God, and pray,

OUr *Father which art in Heaven, hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily bread: and forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil:* Amen.

Then the xxxii. Pſalm. *Still upon your knees.*

1 BLeſſed is he whoſe unrighteouſneſs is forgiven, and whoſe ſins are covered.

2 Bleſſed is the man, unto whom the Lord imputeth no ſin, and in whoſe ſpirit there is no guile.

3 For while I held my tongue, my bones conſumed away through my daily complaining.

4 For thy hand is heavy upon me day and night, and my moiſture is like the drought in ſummer.

5 I will acknowledge my ſin unto thee, and mine unrighteouſneſs have I not hid.

6 I ſaid, I will confeſs my ſins unto thee Lord, and ſo thou forgaveſt the wickedneſs of my ſin.

7 For

7 For this ſhall every one that is godly mak his prayer unto thee, in a time when tho mayeſt be found; but in the great wate floods they ſhall not come nigh him.

8 Thou art a place to hide me in, thou ſha preſerve me from trouble, and compaſs m about with ſongs of deliverance.

9 I will inform thee and teach thee in th way wherein thou ſhalt go, and I will guid thee with mine eyes.

10 Be ye not like to horſe or mule, whic have no underſtanding, whoſe mouths muſ be held with bit and bridle, leſt they fall upo thee.

11 Great plagues remain for the ungodly but whoſo putteth his truſt in the Lord, mercy embraceth him on every ſide.

12 Be glad, O ye righteous, and rejoice in the Lord and be joyful all ye that are true of heart. *Glory be to the Father*, &c.

ALmighty and everlaſting God, who hateſt nothing that thou haſt made; and doſt forgive the ſins of all them that are penitent; create, and make in me a new and contrite heart, that I worthily lamenting my ſins, and acknowledging my wretchedneſs, may obtain of thee the God of all mercy, perfect remiſſion and forgiveneſs, through Jeſus Chriſt our Lord. *Amen.*

ALmighty and moſt merciful Father, who for my many and grievous ſins committed againſt thee, and eſpecially ſince the *laſt ſolemn time of my humiliation and repentance*, mightſt moſt juſtly have cut me off in the midſt of my days; but in the multitude of thy mercies haſt hitherto ſpared me: Accept, I moſt heartily beſeech thee, my unfeigned ſorrow for all my former tranſgreſſions; and grant that I may never ſo preſume of thy mercy, as to deſpiſe the riches of thy goodneſs, but that thy forbearance and long-ſuffering may lead me to repentance and amendment of my ſinful life, to thy honour and glory, and my final acquittance and abſolution at the laſt day, through Jeſus Chriſt our Lord. *Amen.*

O Lord, make clean my heart within me:
And take not thy Holy Spirit from me.

IN the Name of God the Father, the Son, and the Holy Ghoſt. *Amen.*

I Who am a wretched ſinner here perſonally appearing, and * *proſtrate* unto the Majeſty of the *Great* and *dreadful God*, and in the *preſence of his holy Angels*; having in remembrance the exceeding mercies of his *great* goodneſs towards me, as in manifold inſtances ſo eſpecially in this, that in the day of my *chriſtening*, I was ſo happily and holily

* *Here throw your ſelf upon the Ground.*

vowed

vowed and *dedicated unto God*, to be his child and to live in his continual ſervice, and that contrary to the profeſſion which was then made in my name, I have ſo many and ſundry times ſo grievouſly *violated my vows*, and *profaned my ſacred promiſes*, and imployed my ſoul to the ſervice of the world, the fleſh, and the devil. At length recalling my ſelf, and with all lowlineſs and devotion, caſting my ſoul and body *proſtrate* before the *dreadful throne of his juſtice*, do acknowledge, confeſs, and yield my ſelf a miſerable wretched ſinner, guilty of that death and paſſion which Chriſt once ſuffered for me upon the tormenting croſs: But turning my ſelf to the *throne of his infinite mercy*: and with all my might and force, from the very depth of my heart deteſting the iniquities of my fore paſſed life, I moſt humbly beg and crave pardon for the ſame, with an entire abſolution from all my ſins, even for the precious death and paſſion ſake of my Lord and Saviour, unto whom I promiſe and confirm again I do avow and ſolemnly renew the ſacred profeſſion and loyal ſervice, and fidelity, which was made in my behalf unto him at my *holy baptiſm* renouncing unfeignedly the vanities of this wicked world, the luſts of the fleſh and the ſuggeſtions of the devil, and converting my ſelf to my moſt gracious and merciful God; *I deſire*, *deliberate*, *purpoſe*, and fully *reſolve* to hou

our him, ſerve him, and obey him for ever ereafter: *giving* and *dedicating* to him for this nd, the *faculties of my ſoul*, and *the members of y body*, to be his faithful, loyal and obedient ubjects and ſervants for ever; without *unſay-g*, *revoking*, or *repenting* me of this my *holy nd ſacred promiſe*, or any part thereof. And I noſt humbly beſeech Almighty God, the Fa-her, the Son, and the Holy Ghoſt, to *confirm e in this conſtant reſolution* of abandoning theſe ny ſins: and living an holy life; and to accept f this my broken and contrite heart, which he ath promiſed not to deſpiſe; entirely deſiring is fatherly goodneſs, that as he hath given ne a *will and deſire to purpoſe*, ſo he would give me *ſtrength and grace* to perform all holy acti-ons, through Jeſus Chriſt our Lord.

LOrd, I pray thee that thy grace may al-ways prevent and follow me, and make me continually to be given to all good works, through Jeſus Chriſt our Lord. *Amen.*

LOrd, I beſeech thee, grant thy ſervant grace to withſtand the temptations of the world, the fleſh, and the devil; and with a pure heart and mind to follow thee the one-ly true God, through Jeſus Chriſt our Lord. *Amen.*

OGod, whoſe nature and property is ever to have mercy, and to forgive, receive my humble petitions; and though I be tied and bound

bound with the chain of my ſins, yet let the pitifulneſs of thy great mercy looſe me, for the honour of Jeſus Chriſt our Mediator and Advocate. *Amen.*

O Saviour of the world, ſave me! who by thy Croſs and Paſſion haſt redeemed me! help me, and ſave me, I beſeech thee, O God.

TO the King eternal, immortal, inviſible and onely wiſe God, who is the ever bleſſed and adorable Trinity, be all Honour and Glory now and for ever. *Amen.*

Having thus ended your *Mid-day Devotions*, review your *Catalogue* of ſins: Fix on *that ſin* you find your ſelf *chiefly addicted to*, labour for a *Godly ſorrow*, and *relentings of heart* on the ſight of it; *reſolve* againſt all *future perpetrations* of it, carefully uſing all *Remedies* which may tend to ſuppreſs it: To which purpoſe *examine* your ſelf concerning thoſe *occaſions* and *inducements* which did lead you to it, and provide as well as you can againſt them, *noting in your Book* thoſe *Occaſions* and *Remedies*, which Scripture, Reaſon, or Experience may prompt you to. *As for Example,*

Suppoſe your ſelf guilty of *Irreverence*, or *want of Devotion* in the ſervice of God, write down what doth commonly induce you to it, what Remedies are moſt proper to the cure of it. Thus,

In the year 1685, *April* 17. being *Good-Friday* (or be it any other day) *I faſted*, being to receive the Communion the following Sunday; and in the exerciſe of this holy duty, on *Examination*, I found my ſelf much guilty of *Irreverence* in the Worſhip of God, and diſcovered theſe temptations to it.

1: Too much addicting my ſelf to *childiſh* and *light Deportment* at all times; and therefore can hardly remit of it when I come into God's preſence.

2. Liſtning too much to the *vain Diſcourſes*, and *obſerving* the *impertinent Actions* of others.

3. *Want of Conſideration* in whoſe *Preſence I am*; to wit of the *great Majeſty of Heaven*; of that God, who, if I do not repent, will ſtrictly call me to an account for theſe and all other my ſins, *&c.*

From which *Occaſions* you may perceive what *Remedies* to uſe againſt it; as,

1. To labour for a grave and *modeſt carriage* of my ſelf at all times, conſidering my *Age*, *Quality*, *Degree*, &c.

2. To *avoid vain and light perſons*, or if that may not be done, *not to heed them*, or ſeriouſly to *rebuke them*.

3. To entertain all *awful* and *dreadful Apprehenſions* of the *great God*, who ſeeth what I do, and how I comport my ſelf: As alſo of the *holy Angels*, who may truly enough be believed, from the intimations of the *Apoſtles*, St. *John*, *Rev.* viii. and St. *Paul*, 1 *Cor.* xi. 10. to *be preſent* at holy Myſteries.

4 To theſe may be added *lifting up my eyes to* Heaven, or *fixing* them on the *Prieſt*; and *letting them looſe* on whatever objects may preſent themſelves.

Theſe I then *Reſolved* to conſider, and practiſe; and will therefore frequently read them over.

EVen ſo *Amen*: Lord let thy grace be ſufficient for me! *Lead me not into Temptation*; but *deliver me from evil*. Amen.

Then

Then kneeling down, pray for *Devotion*, or for any other Grace, the contrary ſin whereof you have now found your ſelf guilty of, and reſolved againſt. You will find *Prayers* to this *purpoſe* at the *latter end of this Book*: As for *Devotion*, thus,

MOſt great God, who haſt not only permitted, but invited us needy and miſerable creatures to preſent our petitions to thee: Oh! let me ſet a true value on this moſt ineſtimable privilege. I come unto thee, O Lord, as a worm to my ſovereign maker. I come as an heinous Offender to a juſt and ſevere Judge: Let, I pray thee, my addreſſes in thine houſe be with a reverence *ſome way anſwerable to thy* awful Majeſty; *give me an hearty deſire to pray, and ſuch a pure intention and fixedneſs of mind upon thee, that I may no more incur the guilt of drawing nigh unto thee with my lips, when my heart is far from thee; but may ſo ask, that I may receive; ſeek, that I may find; knock, that it may be opened unto me; that ſo from praying to thee here, I may be tranſlated to the praiſing thee eternally in thy glory hereafter, through Jeſus Chriſt our Lord.* Amen.

This Exerciſe being finiſhed about *Three of the Clock*, the time appointed for the *Evening Service*; at your return from the *Church* or *Chappel*, if you have not fully ſatisfied your own Conſcience, but require farther Comfort or Counſel, you are to go to ſome *Diſcreet and Learned Miniſter of Gods word*, (eſpecially to him under whoſe Miniſtry God hath placed you, not being curious or cenſorious in your choice as to this particular).

lar) and *open your Griefs by Confeſſion*, that ſo you may receive the benefit of *Abſolution*, together with *Ghoſtly Counſel* and Advice to the quieting of your Conſcience, and the avoiding of all Scruple and Doubtfulneſs.

This being done (as it ought to be) with ſubmiſſion and ſobriety, you may with *Comfort* retire into your Cloſet, and *upon your Knees*, ſay,

OUr Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us: And lead us not into Temptation, but deliver us from evil. Amen.

ALmighty God, unto whom all hearts be open, all deſires known, and from whom no ſecrets are hid; cleanſe the thoughts of my heart by the inſpiration of thy Holy Spirit, that I may perfectly love thee, and worthily magnifie thy holy Name, through Chriſt our Lord. *Amen.*

Then read upon your Knees the *Ten Commandments*, as they are ſet down in our *Communion Service*.

GOD ſpake theſe words and ſaid, *I am the Lord thy God, Thou ſhalt have none other Gods but me.*

Lord have mercy upon me, and incline my heart to keep this Law.

Thou

Thou ſhalt not make to thy ſelf any graven Image, nor the likeneſs of any thing that is in heaven above, or in the earth beneath, or in the water under the earth. Thou ſhalt not bow down to them, nor worſhip them, for I the Lord thy God am a jealous God, and viſit the ſins of the fathers upon the children, unto the third and fourth generation of them that hate me, and ſhew mercy unto thouſands, in them that love me and keep my Commandments.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not take the name of the Lord thy God in vain, for the Lord will not hold him guiltleſs that taketh his name in vain.

Lord have mercy upon me, and incline my heart to keep this Law.

Remember that thou keep holy the Sabbath day. Six days ſhalt thou labour, and do all that thou haſt to do, but the ſeventh day is the Sabbath of the Lord thy God. In it thou ſhalt do no manner of work, thou, and thy ſon, and thy daughter, thy man ſervant, and thy maid-ſervant, thy cattle, and the ſtranger that is within thy gates. For in ſix days the Lord made heaven and earth, the ſea, and all that in them is, and reſted the ſeventh day: wherefore the Lord bleſſed the ſeventh day, and hallowed it.

Lord have mercy upon me, and incline my heart to keep this Law.

Honour thy Father and thy Mother, that thy days

days may be long in the land which the Lord thy God giveth thee.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt do no Murther.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not commit Adultery.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not Steal.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not bear falſe witneſs againſt thy Neighbour.

Lord have mercy upon me, and incline my heart to keep this Law.

Thou ſhalt not covet thy Neighbours houſe, thou ſhalt not covet thy Neighbours wife, nor his ſervant, nor his maid, nor his ox, nor his aſs, nor any thing that is his.

Lord have mercy upon me, and write all theſe thy Laws in my heart, I beſeech thee.

O Almighty Lord, and everlaſting God, vouchſafe, I beſeech thee, to direct, ſanctifie, and govern both my ſoul and body in the ways of thy laws, and in the works of thy commandments, that through thy moſt mighty

mighty protection, both here and ever, I may be preſerved both in body and ſoul, through our Lord and Saviour Jeſus Chriſt. *Amen.*

Then ſtand up and heartily repeat your *Creed.*

I *Believe in God the Father Almighty, Maker of heaven and earth; and in Jeſus Chriſt his onely Son our Lord, who was conceived by the Holy Ghoſt, born of the Virgin* Mary, *ſuffered under* Pontius Pilate; *was crucified, dead, and buried, he deſcended into hell, the third day he roſe again from the dead, he aſcended into heaven, and ſitteth on the right hand of God the Father Almighty; from thence he ſhall come to judge the quick and the dead. I believe in the Holy Ghoſt, the holy Catholick Church, the Communion of Saints, the Forgiveneſs of Sins, the Reſurrection of the Body, and the Life everlaſting.* Amen.

After which *kneel again* and pray.

ALmighty, everlaſting God, heavenly Father, I give thee humble thanks, that thou haſt vouchſafed to bring me to the *knowledge of this faith in thee,* and do beſeech thee, that thou wouldſt keep me *ſtedfaſt in the Faith,* and evermore defend me from all adverſities, who liveſt and reigneſt one God, world without end. *Amen.*

Lord

Lord have mercy upon me!

Chriſt have mercy upon me!

Lord have mercy upon me!

PSALM 38.

1 PUt me not to rebuke, O Lord, in thine anger, neither chaſten me in thy heavy diſpleaſure.

2 For thine arrows ſtick faſt in me, and thy hand preſſeth me ſore.

3 There is no health in my fleſh, becauſe of thy diſpleaſure, neither is there any reſt in my bones by reaſon of my ſin.

4 For my wickedneſſes are gone over my head, and are like a ſore burthen too heavy for me to bear.

5 My wounds ſtink and are corrupt through my fooliſhneſs.

6 I am brought into ſo great trouble and miſery that I go mourning all the day long.

7 For my loins are filled with a ſore diſeaſe, and there is no whole part in my body.

8 I am feeble and ſore ſmitten; I have roared for the very diſquietneſs of my heart.

9 Lord, thou knoweſt all my deſire, and my groaning is not hid from thee.

10 My heart panteth, my ſtrength hath failed me, and the ſight of mine eyes is gone from me.

11 My

11 My lovers and my neighbours did ſtand looking upon my trouble, and my kinſmen ſtood afar off.

12 They alſo that ſought after my life, laid ſnares for me; and they that went about to do me evil, talked of wickedneſs, and imagined deceit all the day long.

13 As for me, I am like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth.

14 I became even as a man that heareth not, and in whoſe mouth are no reproofs.

15 For in thee, O Lord, have I put my truſt; thou ſhalt anſwer for me, O Lord my God.

16 I required that they, even mine enemies, ſhould not triumph over me; for when my foot ſlipt, they rejoiced greatly againſt me.

17 And I truly am ſet in the plague, and my heavineſs is ever in my ſight.

18 For I will confeſs my wickedneſs and be ſorry for my ſin.

19 But mine enemies live and are mighty; and they that hate me wrongfully are many in number.

20 They alſo that reward evil for good are againſt me, becauſe I follow the thing that is good.

21 Forſake me not, O Lord my God; be not thou far from me.

22 Haſte thee to help me, O Lord God of my ſalvation.

Glory

Glory be to the Father, and to the Son, and to the Holy Ghoſt.

As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

O *Chriſt hear me!* and remember *now that hour*, in which thou didſt once *commend thy bleſſed Spirit* into the hands of thy heavenly Father, when with a *torn body* and a *broken heart*, thou didſt ſhew forth the bowels of thy mercy, and die for us. I beſeech thee, O thou *brightneſs* and *image of God*, aſſiſt me in this thy moſt precious death, that being dead unto the world, I may live only unto thee, and at the laſt hour of my departure from this mortal life, I may commend my ſoul into thy hands, and thou mayſt receive me into life immortal, there to reign with thee for ever and ever. *Amen.*

GRant me in the mean time, gracious Lord, a pure intention of heart, and a ſtedfaſt reſolution to deſpiſe all vanity, to fight the battels of the Lord manfully againſt the world, the fleſh, and the devil, to ſpend my time religiouſly and uſefully, to ſpeak gracious words, to walk always as in thy preſence, to preſerve my ſoul and body in holineſs, fit for the habitation of the Spirit of God. *Amen.*

MY Lord and my God; give me, I beſeech thee, a wiſe, a ſober, a patient, an under-

understanding, a devout, a religious, a courageous heart; chaſt and temperate reins and thoughts; a ſoul full of devotion to do thee ſervice; and do thou make my ſervices acceptable to thee while I live, and my ſoul ready for thee when I die. *Amen.*

O Lord, increaſe in me faith and devotion, repleniſh my heart with all goodneſs, and of thy great mercy keep me in the ſame: give me true humility in proſperity, patience in adverſity, and continual joy in the Holy Ghoſt. *Amen.*

O Lord, give me ſpiritual wiſdom, that I may diſcern what is pleaſing to thee, and follow what belongs unto my peace; and let the knowledge and peace of God, and of Jeſus Chriſt our Lord be my guide and my portion all the days of my life.

O Lord, make me humble to my ſuperiours, and friendly to my equals; thankful to my benefactors, loving to my relations, and charitable to my enemies; to be gentle and eaſily intreated, ſlow to anger, and readily admoniſhed; fully prepared, and throughly furniſhed for every good word and work. *Amen.*

O Lord, give me a peaceable ſpirit, and a quiet life, free from debt and deadly ſin; give me grace to abſtain from all appearance of evil,

evil, and to do nothing but what is of good report; to confeſs Chriſt and his holy Religion by an holy and obedient life, and a mind ready to die for him when he ſhall call for me. And then, O Lord aſſiſt me! *Amen.*

O Lord Jeſu! I give thee my body, my ſoul, my ſubſtance, my fame, my friends, my liberty and my life: Diſpoſe of me, and of all that is mine, as it ſeemeth beſt to thee, and to the glory of thy holy Name. *Amen.*

I Am not now *mine*, but *thine*; therefore claim me as thy right, keep me as thy charge, and love me as thy child: Fight for me when I am aſſaulted, heal me when I am wounded, and revive me when I am deſtroyed. *Amen.*

O God, from whom all good things do come, grant to me thy humble ſervant, that by thy holy inſpiration I may think thoſe things that are good, and by thy merciful guidance may perform the ſame, through Jeſus Chriſt our Lord. *Amen.*

GIve me modeſty in my countenance, gravity in my behaviour, deliberateneſs in my ſpeech, and righteouſneſs in all my actions: Let thy mercy cleanſe me from my ſins, and let thy grace bring forth in me the fruits of everlaſting life. *Amen.*

O

O God, who knoweſt us to be ſet in the midſt of ſo many and great dangers, that by reaſon of the weakneſs of our nature we cannot always ſtand upright; Look, I beſeech thee, upon my frailties and infirmities; and grant me ſuch health of body, that both in my ſoul and body, I may evermore ſerve thee with all my ſtrength and might, through Jeſus Chriſt our Lord. *Amen.*

ASſiſt me mercifully, O Lord, in theſe, and all my ſupplications and prayers; and diſpoſe the way of thy ſervant towards the attainment of everlaſting ſalvation; that among all the changes and chances of this mortal life, I may ever be defended by thy moſt gracious and ready help, through Jeſus Chriſt our Lord. *Amen.*

GOD the Father bleſs me! God the Son defend me! God the Holy Ghoſt preſerve me! God the holy Trinity be with me, now and for evermore.

After this apply your ſelf to read ſome *choice portion of Scripture*; particularly, the *Hiſtory* of our Saviour's paſſion, as in the *Goſpels for the holy Week*. Read with as much affection and heartineſs, as is poſſible; all along reflecting on his *Innocency*, and *your ſelf*, as one of thoſe *guilty Wretches*, for whom he ſuffered all this.

And

And think thus of your ſelf.

I Have occaſioned more torment to him, th
his very *Crucifiers*. They crucified him o
but I have, as much as in me lay, crucified h
daily: they crucified him becauſe they *knew*
not; but *I have known him*, and yet have ſ
continued thus to crucifie him afreſh.

Theſe Meditations, as they ſhould work in us a gr
Sorrow for our ſins paſt, and a great *Hatred*, and a f
Reſolution againſt them for the time to come: ſo like
ſhould they quicken and ſtir up our *Faith in*, our *L*
of, and our *Thankfulneſs unto Chriſt*, for his ſo gr
mercy in redeeming us by ſo dear a price.

Nor muſt your *Prayers* end here; they are not *compl*
without *Interceſſions*, nor *acceptable* without *Char*
which is a main requiſite to a *worthy Communicant*.

At ſix of the Clock therefore betake your ſelf again
Prayer for *all Men*; for Chriſt's *Holy Catholick Chur*
and for all, who either by *relation*, *Acquaintance*, or m
particular deſire, may claim a *ſhare* in your Prayers.

OUr *Father, which art in Heaven, Hallow*
be thy Name: Thy Kingdom come: Thy W
be done on Earth as it is in Heaven: Give us t
day our daily Bread: And forgive us our Treſpaſſ
as we forgive them that treſpaſs againſt us: A
lead us not into Temptation, but deliver us fr
Evil: For thine is the kingdom, and the pow
and the glory, for ever and ever. Amen.

PSAL

PSALM 102.

HEar my Prayer, O Lord, and let my crying come unto thee.

2 Hide not thy face from me in the time of y trouble; incline thine ears unto me, when call; O hear me, and that right ſoon.

3 For my days are conſumed away like moak, and my bones are burnt up as it were fire-brand.

4 My heart is ſmitten down, and withered ke graſs, ſo that I forget to eat my bread.

5 For the voice of my groaning, my bones will ſcarce cleave to my fleſh.

6 I am become like a pelican in the wilderneſs, and like an owl that is in the deſart.

7 I have watched, and am even as it were a parrow that ſitteth alone upon the houſe top.

8 Mine enemies revile me all the day long; nd they that are mad upon me, are ſworn ogether againſt me.

9 For I have eaten aſhes as it were bread, nd mingled my drink with weeping.

10 And that becauſe of thine indignation nd wrath; for thou haſt taken me up, and aſt me down.

11 My days are gone like a ſhadow, and I m withered like graſs.

12 But thou, O Lord, ſhalt endure for ever, and

and thy remembrance throughout all gene
tions.

13 Thou ſhalt ariſe, and have mercy up
Sion, for it is time that thou have mercy up
her, yea the time is come.

14 And why? thy ſervants think upon h
ſtones, and it pitieth them to ſee her in t
duſt.

15 The heathen ſhall fear thy name,
Lord, and all the Kings of the earth t
majeſty.

16 When the Lord ſhall build up *Sion*, a
when his glory ſhall appear.

17 When he turneth him unto the pray
of the poor deſtitute, and deſpiſeth not th
deſire.

18 This ſhall be written for thoſe that co
after; and the people which ſhall be born, ſh
praiſe the Lord.

19 For he hath looked down from his ſa
ctuary; out of heaven did the Lord beho
the earth.

20 That he might hear the mournings
ſuch as are in captivity, and deliver the ch
dren appointed unto death.

21 That they might declare the name
the Lord in *Sion*, and his worſhip at *Jeruſale*

22 When the people are gathered tog
ther, and the Kingdoms alſo to ſerve t
Lord.

23 H

23 He brought down my ſtrength in my journey, and ſhortned my days.

24 But I ſaid, O my God, take me not away in the midſt of my age; as for thy years, they endure throughout all generations.

25 Thou, Lord, in the beginning haſt laid the foundation of the Earth, and the Heavens are the works of thy hands.

26 They ſhall periſh, but thou ſhalt endure; they ſhall wax old as doth a garment.

27 And as a veſture ſhalt thou change them and they ſhall be changed; but thou art the ſame and thy years ſhall not fail.

28 The Children of thy ſervants ſhall continue, and their ſeed ſhall ſtand faſt in thy ſight.

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now, and ever ſhall be, world without end. Amen.

ALmighty God, who of thy tender love *towards mankind*, haſt ſent thy Son our Saviour Jeſus Chriſt to take upon him our fleſh, and to ſuffer death upon the Croſs, that *all mankind* ſhould follow the example of his great humility; mercifully grant, that I may both follow the example of his patience, and alſo be made partaker of his Reſurrection, through the ſame Jeſus Chriſt our Lord. *Amen.*

Almighty

ALmighty God, I beſeech thee graciouſly to behold thy *family*, for which our Lord Jeſus Chriſt was contented to be betrayed, and given up into the hands of wicked men, and to ſuffer death upon the croſs; who now liveth and reigneth with thee and the Holy Ghoſt, ever one God, world without end. *Amen.*

ALmighty and everlaſting God, by whoſe Spirit, the *whole body of the Church is* governed and ſanctified; receive my ſupplications and prayers, which *I offer before thee* for all *eſtates* of men in thy *holy church*, that *every member* of the ſame in his vocation and Miniſtry may truly and godlily ſerve thee, through our Lord and Saviour Jeſus Chriſt.

OMerciful God, who haſt *made all men*, and hateſt nothing that thou haſt made, nor wouldeſt the death of a ſinner, but rather that he ſhould be converted and live; have mercy upon all *Jews*, *Turks*, *Infidels* and *Hereticks*; and take from them all ignorance, hardneſs of heart, and contempt of thy word; and ſo fetch them home, bleſſed Lord, to thy fold, that they may be ſaved among the remnant of the true *Iſraelites*, and be made *one flock*, under *one ſhepherd*, Jeſus Chriſt our Lord, who liveth and reigneth with thee, and the Holy Spirit, *One God*, world without end. *Amen.*

Almighty

ALmighty God, who haſt purchaſed to thy ſelf an *Univerſal Church*, by the precious Blood of thy dear Son; mercifully look on *that part of it in theſe Kingdoms, ſo miſerably ſhattered and diſtreſſed.* I confeſs, O Lord, our ſins have juſtly deſerved that thou ſhouldeſt remove thy Candleſtick from us, and by ſome extraordinary judgment, make us a ſcorn and a by-word to the World: But, I beſeech thee, reverſe thoſe Plagues which we have deſerved, and continue thoſe mercies which we have hitherto enjoyed, eſpecially the comfort of thy Goſpel, and liberty of thy Truth. Oh! Let not our Adverſaries ever roar in the midſt of our Congregations, and ſet up their Banners as ſigns of Victory, and Conqueſt over us; but ſhield and protect us with thy mercy, that in thy holy Church we may ſtill glorifie thy Name, through Jeſus Chriſt our Lord. *Amen.*

OGod the unſpeakable *Author of the World, Creator of Man*, Governour of Empires and Eſtabliſher of all Kingdoms, who out of the loins of our Father *ABRAHAM*, didſt chuſe a King, that became the Saviour of all Kings and Nations of the Earth: Bleſs, I beſeech thee, thy Servant and our Dread Sovereign Lord King *WILLIAM* with the richeſt Bleſſings of thy Grace; and eſtabliſh him in the Throne of his Kingdom by thy mighty Aid and Protection:

rection: Visit him as thou didst visit *Moses* in the *bush*, *Joshua* in the *battel*, *Gideon* in the *field* and *Samuel* in the *temple*; Let the dew of thy abundant mercies fall upon his head, and give unto him the blessing of *David* and *Solomon*: Be unto him an helmet of Salvation against the face of his Enemies, and a strong tower of defence in the time of Adversity. Let his reign be prosperous, and his days many: Let peace, and love, and holiness, justice and truth, and all Christian vertues flourish in his time: Let his People serve him with honour and obedience, and let him so duly serve thee here on Earth, that he may hereafter everlastingly serve thee in Heaven, through Jesus Christ our Lord. *Amen.*

I Beseech thee, O Lord, save and defend all Christian Kings, Princes and Governours; especially thy Servant *WILLIAM* our King, that under him we may be godly and quietly governed; and grant unto his whole Council, and to all that are put in Authority under him, that they may truly and indifferently minister Justice, to the punishment of Wickedness and Vice, and to the maintenance of true Religion and Vertue. *Amen.*

ALmighty God, the fountain of all goodneſs, I humbly beſeech thee to bleſs *KATHERINE* the *Queen Dowager*, her Royal Highneſs the Princeſs *ANNE* of *Denmark*, and all the *Royal Family*: Endue them with thy Holy Spirit: Enrich them with thy Heavenly Grace: Proſper them with all happineſs, and bring them to thine everlaſting Kingdom, through Jeſus Chriſt our Lord. *Amen.*

ALmighty God, who alone workeſt great marvels; give grace to all *Biſhops*, *Prieſts*, and *Deacons*, eſpecially to thoſe *under whoſe diſpenſations I live*: Illuminate them with true knowledge and underſtanding of thy Word; and grant that by their preaching and living they may ſet it forth, and ſhew it accordingly, and alſo rightly and duly adminiſter thy Holy Sacraments: Grant this for thy Son Jeſus Chriſt his ſake. *Amen.*

O Thou God of Truth, bring into the way of Truth all ſuch as have erred and are deceived! O thou Father of Comforts, ſuccour, help, and comfort all that are in danger, neceſſity, and tribulation; preſerve all that travel by Land or by Water; all Women labouring of Child, all ſick Perſons and young Children; ſhew thy pity upon all Priſoners

and Captives; provide for the Fatherleſs Children and Widows, and all who are deſolate and oppreſſed: yea, have mercy upon *all men*, eſpecially thoſe whom thou haſt called to the *Knowledge of*, and *Faith* in thy Son Jeſus Chriſt. *Amen.*

ALmighty God, the Creator and Preſerver of all men (who haſt commanded me to honour *My Father and my Mother.*) Grant me of thy goodneſs and grace ſo to love and honour *them*, to fear and obey *them*, to help, and to pray for *them*, as thou in thy holy Word haſt directed and charged me to do, that both in their lives and deaths their Souls may bleſs me. Give, I pray thee, to (them and) all my Relations and Benefactors, deliverance from all dangers both of body and ſoul; keep them in the ſtedfaſtneſs of thy Faith, and in the obedience of thy Commandments: Bleſs them, O Lord, and make us all doubly dear to each other both in the Fleſh and in the Lord, and that for our Lord Jeſus Chriſt his ſake. *Amen.*

This is only to be ſaid by thoſe who have Parents or a Parent.

OGod, from whom every good and perfect gift proceedeth; accept my *Praiſe* and *Thanksgiving* which I offer unto thee for all thy Mercies and Benefits from time to time vouchſafed

ſafed unto me; for my *Health, Peace, Liberty, Friends*, and all other Bleſſings of this Life; for *Jeſus Chriſt* the Fountain of all; for his *Conception, Birth, Circumciſion*; for his *Baptiſm, Faſting, Temptation*; for his holy and moſt *exemplary Life*; for his bitter, cruel, and yet patient and *Meritorious Death*; for his Victorious Triumphant *Deſcenſion into Hell*; for his Glorious *Reſurrection* and *Aſcenſion*, for the *Coming of the Holy Ghoſt*; the *Eternal Comforter*, upon the *Apoſtles* on the day of *Pentecoſt*; and from that time for the Conſtitution of a *Catholick* and *Apoſtolick Church*, which is to *continue to the end of the World*. And I beſeech thee, O Lord, give me that due ſenſe of all thy mercies, that my heart may be unfeignedly thankful; and that I may ſhew forth thy Praiſe, not only with my lips, but in my life, by giving up my ſelf unto thy ſervice, and by walking before thee in Holineſs and Righteouſneſs all my days, through Jeſus Chriſt our Lord. *Amen.*

ALmighty God, who by thy *holy Apoſtle* haſt taught us not only to make Prayers and Supplications, but alſo to *give thanks* for all men, I offer up unto thee moſt *high laud* and *humble thanks* for all thy wonderful *graces* and *vertues* which thou haſt declared in *All*

Saints; chiefly in the glorious and *most blessed Virgin MARY*, the *Mother of thy Son Jesus Christ*; and all *others* who have departed *this Life* with the *Seal of Faith*, and do now rest in the *sleep of Peace*; such as were the *Patriarchs*, *Prophets*, *Apostles*, *Martyrs*, and *Confessors*, holy *Virgins*, pious *Matrons*, and * *devout Widows*, who have washed the feet of the Saints; Beseeching thee that we may still continue in their *holy Communion*, and enjoy the comfort thereof while we are on earth, following with a glad will and mind their *holy Examples* of godly living and stedfastness in thy Faith; and that at the last day *we with them*, and *they with us*, may attain to the resurrection of the Just, and have our perfect consummation and bliss both in Body and Soul in thy eternal and everlasting Glory, through Jesus Christ our Lord, to whom with Thee, and the Holy Ghost, be ascribed by us, as is by *Angels* and *Arch angels*, and the *whole Company* of Heaven, all Honour and Glory, World without end. *Amen.*

St. *Luke* 14. 8.

* 1 *Tim.* 3. 16.

ALmighty God, who hast promised to hear the Petitions of them that ask in thy Sons Name; I beseech thee mercifully to incline thine ears unto me, now that *in his Name* I have made my *Prayers* and *Supplications unto thee*;

thee; and grant that thoſe things which I have faithfully asked, *according to thy will*, may effectually be obtained, to the relief of my neceſſity, and to the ſetting forth of thy Glory, through Jeſus Chriſt our Lord. *Amen.*

THe peace of God, which paſſeth all underſtanding, the bleſſing of God Almighty, the Father, the Son, and the Holy Ghoſt, the virtue of Chriſts bleſſed Croſs and Paſſion, be with me now, at the hour of Death, and in the day of Judgment. *Amen.*

Having thus interceded and given thanks at *Seven of the Clock*, with chearfulneſs depart your Cloſet: Let not your Behaviour be without *Innocent Alacrity*; but let your ſpecial care be to comport your ſelf at theſe your *Faſts*, that they may not (if poſſible) be taken notice of by any, but your ſelf and God; as being mindful of that command of our Saviour, St. *Matth.* vi. 17, 18. *Anoint thy head, and waſh thy face, that thou appear not unto men to faſt.* Be ſure then to avoid all *Sullenneſs*, and *Moroſeneſs*; but give ready and chearful anſwers to any that ſhall demand you.

Thus diſpoſed, you are ready for your *Supper* by *Seven of the Clock*, whereto, notwithſtanding your *long Abſtinence*, you muſt not let looſe your Appetite; but eat as *ſparingly* as at other times; remembring that our Church hath appointed this day, as all other *Fridays* in the year, except *Chriſtmas-day*, to be days of Faſting or Abſtinence.

Theſe few hours from Supper to *Bed-time*, you cannot better beſtow than in *Reading*, or *Walking* and *Meditation* on the particular Exerciſes of your *Faſt*; examining

your ſelf, whether you have been as Intent, as *Devout* in the performance of them as is requiſite? And where you have *failed*, heartily *bewail your ſelf* to God, *reſolving* within your ſelf to be *more ſerious* and *careful* for the time to come. Be frequent and diligent in looking over your *Accomptal*, obſerving *every Week* ſince you laſt *Communicated*, what your *Carriage* hath been: How you have *amended*, eſpecially in thoſe particulars, in which you have formerly taken notice of your *Miſcarriages*, and *Vowed Reformation*.

Some time before you retire to your *Evening Prayers*, return to your *Cloſet*, and let your *Charity* crown your Devotions, [1 *Cor.* xv. 2.] *Setting apart*, and *Devoting* ſomewhat unto God of what you have to the *Relief of his wanting Servants*; diſtributing it when you *ſee Occaſion*: In the mean time, *Separate it from the reſt of your Store*, and ever after look upon it as *Devote*, and *not to be touched*, except to be *diſperſed to the Poor*: when you do thus *Conſecrate* it to God, uſe this, or the like Ejaculation.

St. *Luke* xix. 8. WHat I give, O Lord, is of *my own*, as thou haſt proſpered me; if I have *wronged any One*, I am ready to reſtore four-fold.

O Lord, whoſe is the Earth, and the fulneſs thereof, *I offer* unto thee, *what by thy Gift and Bleſſing I have*, this ſmall teſtimony of my *Thankfulneſs*, to be beſtowed on thoſe *poor Chriſtians*, whom thy Providence ſhall give me opportunity to Relieve: be thou pleaſed through the Blood of my Saviour to accept it, and pardon all my *vain Expences*. Amen.

Thou

Thou art my God; my Goods are nothing unto thee; all my delight is upon the Saints that are in the Earth, and upon ſuch as excel in Vertue.

About Ten or Eleven of the Clock, *betake your ſelf to your* ordinary Prayers *for the* Evening, whereto ſubjoin the two Prayers for preparation to the Holy Communion, which are above-written, and alſo on every ſuch Day the 143 Pſalm.

1 HEar my Prayer, O Lord, and conſider my deſire: Hearken unto me for thy Truth and Righteouſneſs ſake.

2 And enter not into Judgment with thy Servant: For in thy ſight ſhall no man living be juſtified.

3 For the Enemy hath perſecuted my ſoul, he hath ſmitten my life down to the ground: he hath laid me in the darkneſs, as the men that have been long dead.

4 Therefore is my ſpirit vexed within me; and my heart within me is deſolate.

5 Yet do I remember the time paſt, I muſe upon all thy works; yea, I exerciſe my ſelf in the works of thy hands.

6 I ſtretch forth my hands unto thee, my ſoul gaſpeth unto thee as a thirſty land.

7 Hear me, O Lord, and that ſoon, for my ſpirit waxeth faint: hide not thy face from me, leſt I be like unto them that go down into the Pit.

8 O let me hear thy loving kindneſs betimes in the morning for in thee is my truſt: Shew thou me the way that I ſhould walk in, for I lift up my ſoul unto thee.

9 Deliver me, O Lord, from mine enemies; for I flee unto thee to hide me.

10 Teach me to do the thing that pleaſeth thee, for thou art my God: Let thy loving Spirit lead me forth into the Land of Righteouſneſs.

11 Quicken me, O Lord, for thy Name ſake: And for thy righteouſneſs ſake bring my ſoul out of trouble.

12 And of thy goodneſs ſlay mine enemies: and deſtroy all them that vex my ſoul, for I am thy ſervant.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.

As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

Thus you end your *courſe of Prayers* for every *Friday* preceding a *Communion Sunday*. They are ſuch, I think, as may ſuit your *leiſure* and *condition*; if not, you are prudent enough to *omit* and *alter* what you ſee good. I have too, all along ſuppoſed your *conſtitution ſtrong enough* to hold out ſuch a Faſt; if *health will not bear it*, in God's name, *eat*, but *moderately*, and let your *Food* be *mean* and *ordinary*, ſuch as a *cruſt of bread*, a little *Wine*, or a Glaſs of *Small Beer*, &c.

AND

AND now having finiſhed your *Penitential Devotion* on the *Friday*, or the Eve to *Chriſtmas-Day*, you have the leſs to do on the *Saturday*, nothing but to guard your ſelf more ſtrictly againſt Temptations, that they prevail not upon you: To which purpoſe, be much in *reading the Scripture*, or ſome ſuch Book; particularly, *The whole duty of Man*; the *third partition* of it concerns the *Lord's Supper*, which after *Evening Prayer* read conſiderately over, applying every paſſage to your ſelf, as being ſome way or other concerned in it.

Part of this day you may beſtow in *Offices of Charity*: As, *viſiting your ſick Friends*, or *reconciling* your ſelf to any with whom you have had any *Difference*, as you ſhall find occaſion: or, as you ſhall be directed by your *Spiritual Guide*.

ON Sunday *Morning* you riſe by *Six of the Clock*, and ſubjoin to your *Morning Prayers* thoſe *two for Preparation* above-mentioned.

After this, conſider how you may with *due devotion* comport your ſelf at the *Holy Altar*; and what are thoſe particular *Duties* and *Graces* you are there to exerciſe; you will find an account of them in the *third Partition* of the *Whole Duty of Man*.

Then examine the ſtate and temper of your *heart*: whether it be tender, and affectionately diſpoſed to *Relentings* for your ſins, *Purpoſes* againſt them, and *Reſolutions* for a Holy Life? To humble *Reliances* and truſt on God in our *Saviour's Blood* for Pardon? To *Spiritual Joy and Thankfulneſs*? To *Good Will* towards all men? To *Charity* and *Liberality*? and the like: Otherwiſe, have an *hearty deſire*, and uſe your utmoſt endeavour, which will be accepted, to bring it to ſuch a *diſpoſition*.

If, after all this be done, you have any *Spare Minutes* before *Church* or *Chappel-time*; you would do well to beſtow them in reading over the *Communion-Service*; by which means you will be able with *more readineſs* and *devotion*, to go along with the *Prieſt* in the *Publick Miniſtration* of it.

About an *Hour* before you go forth, review the *Accompts* of your ſins noted in your *Paper*: let your heart go along with the *Reading* of them, *Sorrowing* for them, and *Reſolving* againſt them.

After this, humbly *Kneel*, and repeat the LI. *Pſalm.*

1 HAve mercy upon me, O God, after thy great goodneſs; acording to the multitude of thy mercies do away mine offences.

2. Waſh me throughly from my wickedneſs, and cleanſe me from my ſin.

3. For I acknowledge my faults, and my ſin is ever before me.

4 Againſt thee only have I ſinned, and done this evil in thy ſight, that thou mighteſt be juſtified in thy ſaying, and clear when thou art judged.

5 Behold I was ſhapen in wickedneſs, and in ſin hath my mother conceived me.

6 But lo, thou requireſt truth in the inward parts, and ſhalt make me to underſtand wiſdom ſecretly.

7 Thou ſhalt purge me with Hyſſop, and I ſhall be clean; thou ſhalt waſh me, and I ſhall be whiter than Snow.

8 Thou

8 Thou ſhalt make me hear of joy and gladneſs, that the bones which thou haſt broken may rejoice.

9 Turn thy face from my ſins, and put out all my miſdeeds.

10 Make me a clean heart, O God, and renew a right ſpirit within me.

11 Caſt me not away from thy preſence, and take not thy Holy Spirit from me.

12 O give me the comfort of thy help again, and eſtabliſh with thy free Spirit.

13 Then ſhall I teach thy ways unto the wicked, and ſinners ſhall be converted unto thee.

14 Deliver me from blood-guiltineſs, O God, thou that art the God of my health, And my tongue ſhall ſing of thy righteouſneſs.

15 Thou ſhalt open my lips, O Lord, and my mouth ſhall ſhew forth thy praiſe.

16 For thou deſireſt no ſacrifice, elſe would I give it thee; but thou delighteſt not in burnt-offerings.

17 The ſacrifice of God is a troubled Spirit: a broken and contrite heart, O God, ſhalt thou not deſpiſe.

18 O be favourable and gracious unto *Zion*, build thou the Walls of *Jeruſalem*.

19 Then ſhalt thou be pleaſed with the ſacrifice of Righteouſneſs, with the Burnt-offerings

ings and Oblations; then ſhall they offer young Bullocks upon thine Altar.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.
As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

Then theſe following Collects.

O *Bleſſed Jeſu,* who didſt take upon thee *our Nature,* and didſt ſuffer Death upon the Croſs for our *Redemption*; and haſt commanded us to *continue the memory* of this thy precious *Death* till thy *coming again*; Oh! let not the ineſtimable Benefits of it be fruſtrated by my manifold and grievous ſins; but inſpire my Soul with thoſe Graces which may qualifie me to receive them tendered unto me in *this bleſſed Sacrament.* O Lord, thou ſeeſt that I have no power of my ſelf to help my ſelf! Oh! let the pitifulneſs of thy great mercy looſe me from the chains of thoſe ſins wherewith I am tied and bound; that being thus ſet at liberty, I may here with chearfulneſs run the ways of thy Commandments, and hereafter enter into thy Joy, O bleſſed Saviour and Redeemer. *Amen.*

2. THou, O God and Saviour, knoweſt how vile I am, and with what eagerneſs I have purſued the paths that lead unto everlaſting death. How often hath *this Feaſt* been prepared, I lovingly *Bid*, and called thereto; but have with frivolous excuſes abſented my ſelf? Or, if I have come, I have brought ſuch *Troops* of thy profeſſed Enemies, *Unrepented Sins*, along with me, as if I came not to adore, but to defie thee; not to commemorate, but to renew thy Paſſion. I am not worthy, O Lord, I am not worthy to come into thy preſence; much leſs to *eat the Fleſh* of the Sacrificed Lamb. For my ſins, *O bleſſed Jeſu!* went along in Confederation with the *High Prieſts*, in Treachery with *Judas*, in Injuſtice with *Pilate*, in Malice and Cruelty with the *People*: Oh! what puniſhment then ſhall I be thought worthy of, who have thus trampled under foot the *Son of God*, and counted the *Blood of the Covenant* an unholy thing? Where ſhall I vile Wretch appear, who have put my LORD to death! Who have crucified to my ſelf the SON of God afreſh, and put *Thee* to an open ſhame! Where ſhould I appear, but before my *Saviour*, who hath loved, and died for me, though I have hated and murthered him? Thy Blood, O *Jeſu*, is my only Refuge! Oh! Let the Cry of it ſpeak on my behalf; and may

it

it ſpeak better things than the Blood of *Abel!* Be merciful unto me, O God, be merciful unto me, for my Soul truſteth in thee, and in the *Clefts of thy Wounds* ſhall be my Refuge until thy Father's Indignation be over-paſt. O Bleſſed *Advocate* and *Mediator*, intercede for me with *Thy Father and Ours*, Thy God and Ours; and grant that by the Grace which thou haſt found, by the Prerogative which thou haſt deſerved, by the mercy which thou haſt purchaſed for me, as thou haſt been partaker of my ſufferings and infirmities, ſo I by thy Death and Reſurrection, and by thy infinite gracious Interceſſion may be made partaker of thy Holineſs and thy Glory, even for thy own Merits ſake. *Amen.*

3 O Lord, who haſt promiſed, that if I open my mouth wide, thou wilt fill it, I pray thee, *to open it*; and, not my mouth only, but my heart alſo: Oh! create in thy Servant a great hunger and thirſt after the things of thy Kingdom, and the Righteouſneſs of it, after all the holy Graces, and all the Holy Miniſtries of Grace, that I may long for the Bread of Heaven, thirſt after the Fountain of Salvation; and as the Hart panteth after the Water-Brooks ſo my ſoul may deſire thee, O Lord: Oh! kindle ſuch an holy flame in my ſoul, that it may conſume all my ſins, and curſed affections,

fections that I may never again defile the place which thou haſt choſen for thy Temple Thou dieddſt, *O dear Jeſu*, to redeem me from iniquity; Oh! let me not again ſell my ſelf to work wickedneſs: I am a ſinner, a grievous one, not worthy to look up to Heaven; but be thou pleaſed to look down into the duſt, and liſt up a ſinner from the Dunghil; let me not periſh in my folly, or be conſumed in thy heavy diſpleaſure: Give me time and ſpace to repent, and give me powers of Grace, that as by thy holy Inſpiration I do ſincerely and fixedly reſolve on an entire Reformation, ſo by thy merciful guidance I may faithfully perform the ſame. *Amen.*

4 O Thou great Phyſician of Souls; heal me of thoſe many and foul Diſeaſes, which my Soul groans under; Grant that I may now ſo touch thee that every one of thoſe loathſom Iſſues may immediately ſtanch, that theſe ſickneſſes may not be unto death, but to the glory of thy mercy in pardoning, to the the Glory of thy Grace in purifying ſo polluted a Wretch. *O Chriſt hear me!* inſpire me with an holy Zeal to mortifie my ſins, ſupport me with an holy Hope, confirm me with an excellent and unreproveable Faith, and enkindle in me a never-failing Charity; Let me

me judge my ſelf, that I be not judged by thee, condemn my ſelf, that I be not condemned with the World: But, receiving this *Holy Sacrament* with a penitent heart, and a lively Faith, I may partake the great benefits of it; I may dwell in Chriſt, and Chriſt in me: I may be one with Chriſt, and Chriſt with me: The Lord be merciful unto me, and grant this for his own Bowels and Compaſſion ſake. *Amen.*

Then theſe Collects of Interceſſion.

MErciful God, who haſt made all men, and wouldeſt not the death of a ſinner, but rather that he ſhould turn from his wickedneſs and live; to which purpoſe thou haſt ſent thy Son out of thy boſom to ſuffer death upon the Croſs for our Redemption; look down in mercy and pity upon *poor Mankind*, whoſe portion is folly and miſery, ſhame and death: Bring all Sinners to Repentance; enlighten all that ſit in darkneſs; all *Jews*, *Turks*, *Infidels*, *Hereticks*, and *Schiſmaticks*: Take from them all blindneſs, hardneſs of heart, and contempt of thy Word and Commandment; and ſo fetch them home, bleſſed Lord, unto thy Fold, that they may be ſaved among the Remnant of the true *Iſraelites*, and be made *One Flock*, under *One Shepherd*, Jeſus Chriſt our Lord. *Amen.*

Gracious

GRacious Lord, I do more eſpecially humbly preſent to thy divine Majeſty this glorious Sacrifice which thy bleſſed Son made upon the Croſs, in the behalf of all Chriſtians throughout the World: Give unto them all, O God, a portion of all the good Prayers which are made in Heaven and Earth, the Interceſſion of our Lord, and the Supplications of all thy Servants. Oh! let us walk worthy of that holy vocation wherewith we are called; let us who name the Name of Chriſt, depart from iniquity; and unite us in the bonds of the *common Faith*, and an holy Charity, that no Intereſts or Partialities, nor Sects or Opinions may keep us any longer in darkneſs and diviſion; but that we may with one mind, and one mouth, glorifie Thee, the Father of our Lord Jeſus Chriſt. *Amen.*

O Father of Mercies, be merciful to this *miſerable divided Church* in which we live; according to all thy righteouſneſs, let thine anger be turned away from us; let Religion and Vertue ſeaſon all ſorts of men therein; forgive us all our ſins; turn thee unto us, and bleſs us, that the World may ſay, Bleſſed is this People whoſe God is the Lord *Jehovah*, and bleſſed are the folk whom he hath choſen to him to be his Inheritance! Lord, hear, and cauſe thy face to ſhine upon this thy Sanctu-

Sanctuary, which is thus ſadly deſolate, fo
the Lords ſake. *Amen.*

O King of Kings, and Lord of Lords, give,
pray thee, the Spirit of Government an
Holineſs to all Chriſtian Kings, Princes, an
Governours; eſpecially to thy ſervant *WIL*
LIAM our King; Grant that his Peopl
may obey him, and he may obey thee, an
live in honeſty and peace, juſtice and hol
Religion, being a *Nurſing Father* to the Churc
an Advocate for the Oppreſſed, a Patro
for the Widows, and a Sanctuary for the m
ſerable and Fatherleſs, that he may reign wit
thee for ever in the Kingdom of the Lor
Jeſus Chriſt. *Amen.*

O Thou Fountain of all goodneſs, be pleaſe
to bleſs *KATHERINE* the Quee
Dowager, Her Royal Highneſs the Princeſ
ANNE of *DENMARKE*, and all th
Royal Family; endue them with all heaven
Graces anſwerable to their Births; make the
Inſtruments of thy Glory here, and partake
of thy Glory hereafter. *Amen.*

O God who alone workeſt great marvels, b
gracious unto all thoſe, who wait at thin
Altar, the *Biſhops* and all the *Clergy*: Ope
thou their lips, that their mouths may ſhe
forth

forth thy praiſe: Inſpire them with holineſs and diligence to preach and declare thy Will by good lives and wiſe Diſcourſes, that they may miniſter to the good of Souls, and find a glorious reward in the day of the Lord Jeſus. *Amen.*

O Merciful God, be merciful in ſuccouring all that are in affliction; deliver the outcaſt and poor, help them to right that ſuffer wrong; let the ſorrowful ſighing of the Priſoners come before thee, and according to the greatneſs of thy power, preſerve thou thoſe that are appointed to die; be merciful unto all who are juſt now breathing out their laſt; grant eaſe to thoſe that are in pain, ſupply to thoſe that ſuffer want; and to all wicked perſons give thy Grace, that they may ſpeedily repent, and live well, and be ſaved through the merits of Jeſus Chriſt. *Amen.*

HAve mercy and pour down thy bleſſings, O God, upon (my *Father*, *Mother*, and all other) my *Relations*, *Friends*, and *Benefactors*: * grant unto them whatſoever they want, or wiſely and holily deſire; keep them for ever in thy fear and favour; and let their portion be in the Bleſſing, and in the ſervice, in the love, and in the Kingdom of God, for ever and ever. *Amen.*

Here mention thoſe who are ſo.

O

O Lord, I beſeech thee, forgive my enem
all their ſins againſt thee, and me: a
give me that meaſure of thy Grace, that
their hatred I may love them; for their curſi
I may bleſs them; for their Injuries, I may
them good; and for their perſecution, I m
pray for them. Lord, I pray for them; forgi
them, for they know not what they do. *Am*

FInally, O Lord, I pray thee for all tho
who ſhall this day be my *companions* at t
Altar, and for all others who do now *comm*
nicate in any part of *Chriſtendom*; that throu
this blood of the Croſs, we may all be cleanſ
from our ſins, and be preſented pure and u
blameable, and unreproveable in thy ſigh
for the ſake of Jeſus Chriſt, whom I ado
whom I love, and deſire I may ſtill more a
more love, and love for ever. *Amen, Amen*

OUr *Father, which art in Heaven, Hallow*
be thy Name: Thy Kingdom come: Thy W
be done on Earth as it is in Heaven: Give us
day our daily Bread: And forgive us our Treſpaſ
as we forgive them that treſpaſs againſt us: A
lead us not into Temptation, but deliver us fr
Evil: Amen.

THe Lord bleſs and preſerve me in *my go*
out and my *coming in*, from this time for
for evermore. *Amen.*

Havi

Having thus finiſhed your *Cloſet-Devotions*, you go forth to the *Church* or *Chappel faſting*, that ſo a portion from Gods Table may be the *firſt Morſel*; and remember to take ſomething out of your *Store* to preſent at the *Offertory*.

When you enter into the *Church*, kneel and pray,

OUr *Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, for ever and ever.* Amen.

LOrd, I have loved the *Habitation of thy Houſe*, and the place where thine honour dwelleth. I will waſh my hands in Innocency, O Lord, and ſo will I go to thine *Altar*.

Having ſeated your ſelf, turn to the *Pſalms* and *Leſſons*, *Epiſtle* and *Goſpel* for the day, that you may more freely attend the *Prieſt* in reading them.

Sermon ended, you go up to the *Altar*, and *proſtrate* before it, ſay,

THou art worthy, O Lord, to receive glory, and honour, and power; for thou haſt created all things, and for thy will's ſake they are, and were created. Bleſ-

Bleſſing, and glory, and wiſdom, and thanks and honour, and power, be unto our God, and unto the Lamb for evermore. *Amen.*

Then whilſt others are coming up, and the *Prieſt* preparing to read the *Sentences*, pray,

ALmighty Lord, who haſt of thine infinite mercies vouchſafed to ordain *this Sacrament* for a perpetual memory of that *Bleſſed Sacrifice*, which once thou madeſt for us upon the Croſs; grant me with ſuch diligent remembrance, and ſuch due reverence, to participate of this ſo holy and wonderful a myſtery, that I may be made worthy by thy Grace to obtain the vertue and fruits of the ſame, with all the benefit of thy precious Death and Paſſion, even the Remiſſion of all my ſins, and the fulneſs of all thy Graces, which I beg for thy only merits, who art my only Saviour, God from everlaſting, and World without end. *Amen.*

OLord, our Heavenly Father, Almighty and everlaſting God, regard, we beſeech thee, the devotions of thy humble Servants, who do now celebrate the *Memorial* which thy Son and our Saviour hath commanded to be made in *remembrance of his moſt Bleſſed Paſſion* and *Sacrifice* that by the merits and power thereof, now repreſented before thy Divine Majeſty, we, and all thy *whole Church* may be made partakers of

all

all other the benefits of his moſt precious Death and Reſurrection from the Earth, and glorious Aſcenſion into Heaven, who liveth and reigneth with thee, and the Holy Spirit, ever one God, World without End. *Amen.*

BE pleaſed, O God, to accept this our bounden duty and ſervice; and command that the Prayers and Supplications, together with the *Remembrance* of Chriſt's Paſſion, which we do now offer up unto thee, may by the *Miniſtry of the holy Angels* be brought up into thy Heavenly Tabernacle; and that thou not weighing our merits, but looking upon the bleſſed *Sacrifice* of our Saviour, which was once fully and perfectly made for us all, mayſt pardon our offences, and repleniſh us with thy Grace and heavenly benediction, through Jeſus Chriſt our Lord. *Amen.*

Whilſt upon your *Knees* you caſt in your *Offering*, ſtop and ſay,

BLeſſed *Jeſu*, who didſt accept the poor Widows *two mites*; be pleaſed graciouſly to accept this from thy unworthy Servant. *Amen.*

The Prayers beginning again, you muſt join with the Congregation; and heeding every paſſage, let your heart go along with it: Keep your mind attentive, not only to the words and ſubſtance of the Prayers and Exhortations, but alſo to every paſſage, and particular *Ceremony*

in the *Conſecration*; foraſmuch as *all of them* have their *meaning* and *reaſon*.

Obſerve the *Prieſt* then *breaking the Bread*; and remember how Chriſts Bleſſed *Body* was *torn with nails* upon the Croſs; obſerve him *pouring out the Wine*; and remember how his precious *Blood* was *ſpilt* likewiſe; and then conſider they were your ſins which cauſed both, which ſhould work in you a great ſorrow for them, and then a great hatred, and a firm reſolution againſt them, and withal engage you to thankfulneſs and love, reſolving to expreſs it by an univerſal obedience in your Converſation. Again,

Obſerve the *People* too, *taking* and *eating the Bread*, *taking* and *drinking the Wine*, for it ſignifies their particular *laying hold on Chriſt by Truſt* and *Faith*; their flying to, and apprehending him, as the means of their Salvation, and the pardon of their ſins tendered to them in this Bleſſed Sacrament.

When the Prieſt repeateth that comfortable ſaying of S. *Paul*, *This is a faithful ſaying, and worthy of all acceptation, that Chriſt Jeſus came into the world to ſave ſinners*, add (to your ſelf) with all poſſible devotion and humilty, *of whom I am chief*.

And if you have time, while the *Prieſt*, and *others* are *Communicating*, uſe theſe or the like heavenly *aſpirations*.

I Am now *before the Altar of God*, even the God of my joy and gladneſs.

I will offer *Thankſgiving* unto my God, and *pay my Vows* unto the moſt High.

O Lamb of God, that takeſt away the ſins of the World, *Grant me thy Peace*!

O Lamb of God, that takeſt away the ſins of the World, *Have mercy upon me*!

Grant

Grant me, gracious Lord, ſo to *eat the Fleſh* of thy Son, and to *drink his Blood*, that my ſinful *Body* may be made clean by *his Body*, and my *Soul* waſhed through his moſt *precious Blood*. Amen.

O Lord, I am not worthy, nor fit that *thou* ſhouldeſt come under the filthy *Roof* of the houſe of my Soul, becauſe it is wholly deſolate and ruinous; neither haſt thou with me a fit place where to lay thy head: But, as *thou* didſt vouchſafe to be laid in a *Stable* and *Manger* of unreaſonable Beaſts; as *thou* didſt not diſdain to be entertained even in the houſe of *SIMON* the Leper; as *thou* didſt not reject the *Harlot*, a ſinner like unto me coming unto *thee* and touching *thee*; as *thou* didſt not abhor *her* foul and profane mouth, nor yet the *Thief* on the Croſs confeſſing *thee*: Even ſo vouchſafe to admit *me alſo*, an over-worn miſerable, and out of meaſure *ſinful Creature*, to the *Receiving* and *Communicating* of the moſt pure, quickning, and ſaving *Myſteries of thy moſt holy Body* and *precious Blood*. Amen.

O Lord God, how I receive the *Body* and *Blood* of my moſt bleſſed Saviour *Jeſus Chriſt*, the price of my Redemption, is the very *wonder of my Soul!* yet, my moſt firm and *conſtant belief*, upon the *words of my Saviour*. At this

time, they are graciouſly tendered to me, and my *Faith*: Lord, make me a worthy Receiver, and partaker of all the benefits of this bleſſed Sacrament. *Amen.*

Upon the approach of the Prieſt with the Conſecrated Bread, ſay,

THou haſt ſaid, that he that *eateth thy Fleſh*, and *drinketh thy Blood*, hath eternal life. Behold the Servant of the Lord, be it unto me according to thy Word!

When the Prieſt offers thee the holy Bread, ſay ſoftly with him,

THE Body of our Lord Jeſus Chriſt, which was given for me, preſerve my Body and Soul unto everlaſting life.

Then anſwer audibly.

AMEN.

Whilſt you eat it,

BY thy *Crucified Body* deliver me from *this Body of Death.*

After Receiving,

BY thine *Agony* and *Bloody Sweat*, by thy *Croſs* and *Paſſion*, Good Lord deliver me!

I

I have *ſworn*, and am *ſtedfaſtly purpoſed* to keep thy righteous Judgments.

O hold thou up my goings in thy paths, that my footſteps ſlip not.

Upon the approach of the Prieſt with the Conſecrated Cup, ſay,

WHat reward ſhall I give unto the *Lord* for all the benefits that he hath done unto me? *I will take the Cup of Salvation*, and call upon the name of the Lord.

When the Cup of Bleſſing is offered unto you, ſay in your heart with the greateſt devotion that poſſibly you may,

THe Blood of our *Lord* Jeſus Chriſt, which was ſhed for me, preſerve my Body and Soul unto everlaſting life.

Anſwering audibly,

AMEN.

After you have received it,

OMy God, thou art true and holy! O my Soul, thou art bleſſed and happy!

O the depth of the Wiſdom and Knowledge of God! how incomprehenſible are his Judgments, and his ways paſt finding out?

Praiſe the Lord, O my Soul, and all that is within me praiſe his holy Name, who ſaveth thy Life from deſtruction, and feedeth thee with the Bread of Heaven!

Glory be to God on High, and on Earth Peace, good Will towards Men. I worſhip thee, O Lord, and magnifie thy Name for ever, who haſt vouchſafed to fill my Soul with gladneſs, and to feed me with the *Heavenly Myſteries of Chriſts ſacred Body and Blood*, humbly beſeeching thee, that from henceforth I may walk in good works, and ſerve thee in holineſs and pureneſs of living, to the honour of thy Name. *Amen.*

MOſt Bleſſed Redeemer, I do truly believe, that thy *Body* was *Crucified*, and thy *Blood* was *ſhed* out of thy *Body*, as *verily* as I have received this *Bread* and this *Wine* ſet *apart* from the *Bread*: And that for the *Remiſſion of my ſins*, as well as *any others*: And I do alſo believe, that with this *Bread* and *Wine* I have *really* and *ſpiritually* received thy *precious Body* and *Blood*, whereby my ſins are fully waſhed away, and my Soul purified, and refreſhed: This, O Lord, I believe, *help thou my unbelief*! Amen.

The Song of Simeon.

1 LOrd, now letteſt thou thy Servant depart in peace according to thy Word.

2 For mine eyes have ſeen thy ſalvation.

3 Which thou haſt prepared before the face of all people.

4 To be a light to lighten the Gentiles, and to be the Glory of thy People *Iſrael.*

Glory be to the Father, &c.
As it was in the beginning, &c.

Pſal. 103.

1 PRaiſe the Lord, O my ſoul, and all that is within me, praiſe his holy Name.

2 Praiſe the Lord, O my ſoul, and forget not all his benefits.

3 Who forgiveth all thy ſins, and healeth all thy infirmities.

4 Who ſaveth thy life from deſtruction, and crowneth thee with mercy & loving kindneſs.

5 Who ſatisfieth thy mouth with good things, making thee young and luſty as the Eagle.

6 The Lord executeth Righteouſneſs, and Judgment for all them that are oppreſſed with wrong.

7 He ſheweth his ways unto *Moſes*, his works unto the Children of *Iſrael.*

8 The Lord is full of compaſſion and mercy, long ſuffering, and of great goodneſs.

9 He will not always be chiding; neither keepeth he his anger for ever.

10 He hath not dealt with us after our ſins, nor rewarded us according to our wickedneſs.

11 But look how high the Heaven is in compariſon of the Earth; ſo great is his mercy alſo towards them that fear him.

12 Look how wide alſo the Eaſt is from the Weſt, ſo far hath he ſet our ſins from us.

13 Yea, like as a Father pitieth his own Children; even ſo is the Lord merciful unto them that fear him.

14 For he knoweth whereof we are made: he remembreth that we are but duſt.

15 The days of man are but as graſs; for he flouriſheth as a flower of the Field.

16 For as ſoon as the wind goeth over it, it is gone, and the place thereof ſhall know it no more.

17 But the merciful goodneſs of the Lord endureth for ever and ever upon them that fear him; and his righteouſneſs upon Childrens children.

18 Even upon ſuch as keep his Covenant, and think upon his Commandments to do them.

19 The Lord hath prepared his ſeat in Heaven; and his Kingdom ruleth over all.

20 O

20 O praiſe the Lord, ye Angels of his, ye that excel in ſtrength; ye that fulfil his Commandment, and hearken unto the voice of his words.

21 O praiſe the Lord, all ye his hoſts; ye ſervants of his that do his pleaſure.

22 O praiſe the Lord, all ye works of his in all places of his Dominion: Praiſe thou the Lord, O my ſoul.

Glory be to the Father, &c.
As it was in the beginning, &c.

Whilſt others are Communicating, *Meditate*, and *ſay*,

HAppy are *thoſe Servants*, whom, when their Lord cometh, he ſhall find *thus doing*.

Know ye not, that ye are the *Temple of God*, and that the Spirit of God dwelleth in you? If any one *defile the Temple of God*, him will God deſtroy.

Behold, thou art *made whole*, *ſin no more*, leſt a *worſe thing* happen unto thee!

The hour cometh, and now is, that the true Worſhippers ſhall worſhip the Father in Spirit and in Truth.

Be ye followers of God as dear Children, and walk in love as Chriſt loved us, and gave himſelf an *Offering* and a *Sacrifice* of a ſweet ſavour unto God for us.

This Holy Communion requires from us the greateſt Charity we can expreſs; therefore (if we have any time between theſe Ejaculations and the Poſt-Communion) it would be highly Religious to pray for thoſe who are yet to Communicate of one or both kinds, ſaying A M E N to the Words of the Prieſt, when he gives the Sacrament to any one, as well as to your ſelf. And this Act of your Charity in praying for others, will render your own Prayers and Services the more holy, and acceptable to God, and effectual to your Souls health. For he that prays for himſelf alone, reaps only the ſingle benefit of his own ſingle devotion: But whoſo devoutly prays for others, reaps the fruits of the Prayers of others, which is the great benefit of the *Communion of Saints.*

At the end of the *Communion* ſay,

To the King Eternal, the Immortal, Inviſible, the only Wiſe God, the *ever Bleſſed Trinity*, be all honour, and glory, now and for evermore. *Amen.*

Ariſing and *making your Reverence* towards the *Altar*, you depart with a glad heart, and a chearful countenance: preſerve *good thoughts* in your mind; yet be not *ſullen* or *moroſe*, but *ſalute* any of your Chriſtian Brethren you meet with.

As ſoon as you come home, retire into your *Cloſet*, and bleſs God with *theſe Collects* of *Thanksgiving.*

ALmighty God, the Fountain of all goodneſs, from whom every good and perfect gift proceedeth; and to whom all glory and honour ſhall be returned: I do deſire moſt heartily

heartily to *thank thee*, for that thou haſt vouch
ſafed to feed me, who have received theſe Hol
Myſteries, with the *ſpiritual food* of the moſt pre
cious *Body* and *Blood* of thy Son our Saviou
Jeſus Chriſt; and doſt aſſure me thereby o
thy favour and goodneſs towards me, and tha
I am a *very member incorporate* of the *myſtical Bo*
dy of thy Son, which is the *bleſſed Company* of *a*
Faithful People; and am alſo an Heir throug
hope of thine everlaſting Kingdom, by the me
rits of the moſt precious Death and Paſſion o
thy dear Son. O the height and depth of tha
unſpeakable mercy of thine, who art pleaſed t
admit me a ſinful Wretch to have any part i
thoſe ineſtimable benefits, which I have ſo o
ten deſpiſed and trampled under foot! I am no
worthy, O Lord, of that *daily Bread*, which ſu
ſtains the body; but thou haſt made me partake
of that *living Bread which came down from Hea*
ven, which nouriſheth the Soul, and, of whic
whoſoever eateth, ſhall live for ever. O gran
that my Soul may reliſh this Divine Food wit
ſpiritual raviſhments, and love, great as th
flame of *Cherubims*; and grant that what tho
haſt given me for the *Remiſſion of my ſins*, ma
not by any fault become the increaſe of them
that this *Holy Communion* prove not unto me
unto Judgment and Condemnation, but ma
ſupport and preſerve me in every temptat
on, rejoice and quiet me in every trouble, en
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ghten and ſtrengthen me in every good word nd work; comfort and defend me in the hour f my death againſt all oppoſitions of the Spi- rs of Darkneſs, and further me in the attain- ent of Everlaſting Salvation, through Jeſus hriſt. *Amen.*

MOST Holy God, who art of purer eyes than to behold Iniquity; grant, I pray hee, that no unclean thing may be in me, who ave now *Received* thee into my heart and oul; but *let this Blood* of Chriſt, who through he *Eternal Spirit offered* himſelf without ſpot to hee, purge my Conſcience from dead works o ſerve thee the living God: Give me Grace, hat from henceforth I put off concerning my ormer converſation *the Old Man*, which is orrupt according to the deceitful Luſts, and e renewed in the ſpirit of my mind: And hat I put on the *New Man*, which after thee is reated in Righteouſneſs and true Holineſs; o which purpoſe be pleaſed to watch over me or good, to keep me both outwardly in my ody, and inwardly in my Soul. O God, thou eeſt that I have no power of my ſelf to help ny ſelf; thou knoweſt me alſo to be ſet in the idſt of ſo many and great dangers, that by eaſon of the *frailty of my Nature*, I cannot al- ways ſtand upright; grant to me ſuch ſtrength nd protection, as may ſupport me in all dan-

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gers, and carry me through all Temptations, through Jeſus Chriſt our Lord, *Amen.*

O Thou with whom is no variableneſs, nor ſhadow of turning, let thy Holy Spirit direct me in all things, let thy Grace always prevent and follow me, and preſerve me againſt all aſſaults of my Spiritual Enemies, eſpecially of *my own treacherous heart*, which is deceitful above all things, wicked, *deſperately wicked*, O Lord, thou knoweſt it: how often hath it betrayed me to the breach of thy holy Laws, to the violation of all theſe Vows and Promiſes which I have made to thee? How often have I turned my back in the day of battel? O let me no more thus ſtart aſide like a broken Bow, but be ſtedfaſt, unmoveable, always abounding in the work of the Lord, reſiſting the Devil that he may flee from me, ſubduing my fleſh, and bringing it into ſubjection: crucifying and overcoming the World. And therefore let *thoſe ſolemn Vows*, which I have now made to forſake my ſins, never depart from my mind: but let the remembrance of them excite me to fight manfully under thy Banner, and continue thy faithful Servant and Soldier unto my lives end. *Amen.*

O Lord, I do here humbly preſent unto thee my *Soul* and *Body*, to be a living, holy, and

and *reaſonable Sacrifice* unto thee; I beſeech the ſanctifie my *Body*, that from a polluted *Dunghi* it may become the *Temple of God*. Sanctifie m *Soul*, and receive it for thy *dwelling place*, th Seat of thy Spirit, and the houſe of Prayer, an holy Meditation: Sanctifie me *throughout*, tha both my *Body*, and *Soul*, and *Spirit*, may be pre ſerved *blameleſs* unto the *coming of our Lord Je ſus Chriſt*, to whom with thee, O Father, an the Holy Ghoſt, be all honour and glor World without end. *Amen.*

THus have you *cloſed* your *Communion Devotio* it only remains, that you beſtow the *greateſt pa* of the *Afternoon* in *Reading*, *Praying*, *Meditatin good Conferences*, and the like: And when your Co dition calls you to your *uſual Converſes*, you are ſtill remember you have a great buſineſs which lies up your hands, which is *the performance of thoſe Promi* you have now made to God; to which purpoſe fr quently *recollect* them to mind, and let the *remem brance* of them be your *refuge* againſt all *temptatio* to your *old ſins*, when ever they aſſault you: knowin what a grievous thing it is to *break that Vow* which y have *ſealed* in your *Saviour's Blood*, and to have th *Blood* (through which only you can have pardon) witneſs againſt you, *which God forbid.*

To your *Evening Prayers*, that *Sunday* night, imm diately before the *Bleſſing*, ſubjoin this *Collect.*

O Bleſſed JESUS, who haſt this day mad me a *Partaker* of thy *Bleſſed Body* and *Blo* thy *Mercy* hath given it, and my *Faith* hath

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ceived it into my Soul: O let me ever feel the happy vertue and effects of it: Put thy fear into my heart, to *keep thoſe Vows* and *Promiſes* which I have on this ſolemnity rendred unto thee in my mind, that I may not ſin againſt thee; enrich me with all thoſe Graces which come from this *precious Body* and *Blood*, and hereafter bring me to thine everlaſting glory, for thy merits and mercies ſake. *Amen.*

THus, not to detain you longer, I have recommended to you the aforeſaid Devotions to be uſed on the *Friday* in every *Month*, which precedes a *Communion*, (eſpecially the *Fridays* before the three ſolemn times which our Church hath Conſecrated to this Bleſſed purpoſe, *Chriſtmas*, *Eaſter*, and *Whit-Sunday*,) ſuppoſing, that your *health* and *important occaſions* will permit it, otherwiſe you are not obliged to the ſtrictneſs of them, though you are obliged to *receive* this *Sacrament*, whenſoever an opportunity offers it ſelf.

To capacitate you for a *worthy Communicant* thereof at *all times*, I do laſtly and heartily adviſe you to maintain a conſtant courſe of *daily Prayers* at *Morning* and *Evening* throughout the Year; every *Night recalling* the *Actions of the Day paſt*, and repenting for the ſins of it; the practice whereof will fit you for the *Communion* at *any time*, when it is *occaſionally* tendered to you; I mean, when you are ſuddenly called to *Communicate* with a *dying Perſon*; or come accidentally into a *Congregation*, where it is to be *received*, and all fit Gueſts are invited to it; in thoſe caſes, you are by no means to *turn your back upon it*; but beſtowing that little time which is before you in *Recollecting*, *Repenting*, *Exerting* your *Faith*, *Love*, *Thankfulneſs*, &c. Omitting nothing of the *ſtrictneſs* which is required in the

Act

Act of *Receiving*, *and performing afterwards* to your power what you *ſecretly promiſed*; receive it with the reſt in the name of God beginning with *the Prayers* beforementioned, [*pag.* 64.] which are to be ſaid whilſt the *Prieſt* is preparing to *read* the *Sentences*.

Almighty God, who haſt of thine infinite mercies vouchſafed, *&c.*

But this I adviſe, on ſuppoſal you carry about with you ſuch an *habitual preparation* which is acquired by keeping a *ſtrict courſe* of *daily private Devotions*, and a conſtant watchfulneſs over your ſelf; otherwiſe you ſin ſadly. However, be careful to *Communicate* whenever you are *ſolemnly invited* to it, *i. e. every Month*; and with due *remembrance* of him, whoſe *death* you do hereby *ſhew forth* till he come.

God Almighty make you a worthy *Participant* of his *Body* and *Blood* here, that you may for ever enjoy him hereafter. *Amen.*

DEVOTIONS *for the* MORNING; *which begin with Proſtration, and ſaying,*

AT the *Name of Jeſus*, God bleſſed for ever, let every *Knee bow*, both of things in Heaven, things in Earth, and things under the Earth: *Glory be to thee, O Lord moſt high.*

Then upon your *Knees*, ſay,

GOD be in my *Head*, and in my *Underſtanding*, that I may know in this my day the things which do concern my everlaſting peace.

God be in my *Eyes*, and in my *ſeeing*, that they may be always looking up to thy Mercy-Seat, and that they be not as ſo many *Caſements* to let in *Vanity*.

God be in my *Mouth*, and in my *Speaking*, to guard and fence it from *Idle Words*; and that it may at no time be a *Door* to let out *Folly*.

God be in my *Ears*, and in my *Hearing*, that they may be always open to ſound and wholeſom Counſel, and deaf to corrupt and filthy Communications.

God be in my *Heart*, and in my *Thinking*,

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to preſerve it from being a Sink of Uncleanneſs, and that it may never be ſuffered either to flatter me or deceive others.

God be at my *End*, and at my Departing, that ſo my *Death* may be *precious* in the ſight of the Lord,, with whom I pray that I may live for evermore. *Amen.* And ſo,

Prevent me, O Lord, in all my doings with thy moſt gracious Favour, and further me with thy continual Help, that in all my works begun, continued and ended in thee, I may glorifie thy Holy Name, and finally by thy mercy obtain everlaſting life, through Jeſus Chriſt our Lord. Amen.

OUR Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: and forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil. Amen.

My Voice ſhalt thou hear betimes, O Lord, early in the Morning will I direct my Prayer unto thee; and I will look up.

O Lord, open thou my *Lips*,
And my *Mouth* ſhall ſhew forth thy Praiſe.
O God, make ſpeed to ſave me;
O Lord, make haſte to help me.

Glor

Glory be to the Father, and to the Son, and to the Holy Ghoſt,
As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

Pſalm 95.

O Come let us ſing unto the Lord, let us heartily rejoice in the ſtrength of our Salvation.

Let us come before his preſence with thankſgiving, and ſhew our ſelves glad in him with Pſalms.

For the Lord is a great God, and a great King above all Gods.

In his hand are all the corners of the Earth, and the ſtrength of the Hills is his alſo.

The Sea is his, and he made it; and his hands prepared the dry Land.

O come let us worſhip and fall down, and kneel before the Lord our Maker.

For he is the Lord our God, and we are the People of his Paſture, and the Sheep of his hand.

To day, if you will hear his voice, harden not your hearts, as in the provocation, and as in the day of temptation in the Wilderneſs.

When your Fathers tempted me, proved me, and ſaw my Works.

Forty years long was I grieved with this Generation, and ſaid, It is a People that do

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err in their hearts, for they have not known my ways.

Unto whom I ſware in my wrath, that they ſhould not enter into my reſt.

Glory be to the Father, and to the Son, and to the Holy Ghoſt.
As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

After which read one or more of *Davids* Pſalms in order; beginning with the *Firſt*, and ſo onward, concluding each *Pſalm* with

Glory be to the Father, and to the Son, and to the Holy Ghoſt.
As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

Then a Chapter out of the *Proverbs of Solomon*, or the *New Teſtament*: and after that,

WE praiſe thee, O God, we acknowledge thee to be the *Lord*.

All the Earth doth worſhip thee, the Father everlaſting.

To thee all Angels cry aloud, the Heavens and all the Powers therein.

To thee *Cherubin* and *Seraphin* continually do cry.

Holy, Holy, Holy, Lord God of Sabbath.

Heaven

Heaven and Earth are full of the Majeſty of thy Glory.

The glorious Company of the Apoſtles praiſe thee.

The goodly Fellowſhip of the Prophets praiſe thee.

The Noble Army of Martyrs praiſe thee.

The holy Church throughout all the World doth acknowledge thee.

The Father of an infinite Majeſty.

Thine Honourable, True, and Only Son.

Alſo the Holy Ghoſt, the Comforter.

Thou art the King of Glory, O Chriſt!

Thou art the everlaſting Son of the Father.

When thou tookeſt upon thee to deliver man, thou didſt not abhor the Virgins Womb.

When thou hadſt overcome the ſharpneſs of death, thou didſt open the Kingdom of Heaven to all believers.

Thou ſitteſt at the right hand of God, in the Glory of the Father.

We believe that thou ſhalt come to be our Judge.

We therefore, pray thee, help thy Servants, whom thou haſt redeemed with thy precious Blood.

Make them to be numbred with thy Saints in glory everlaſting.

O Lord, ſave thy People, and bleſs thine Heritage.

Govern them and lift them up for ever.

Day by day we magnifie thee.

And we worſhip thy Name, ever World without end.

Vouchſafe, O Lord, to keep us this day without ſin.

O Lord, have mercy upon us, have mercy upon us.

O Lord, let thy mercy lighten upon us, as our truſt is in thee.

O Lord, in thee have I truſted, let me never be confounded.

Then the Creed.

I *Believe in God the Father Almighty, Maker of heaven and earth; and in Jeſus Chriſt his only Son our Lord, who was conceived by the Holy Ghoſt, born of the Virgin* Mary, *ſuffered under* Pontius Pilate; *was crucified, dead, and buried, he deſcended into hell, the third day he roſe again from the dead, he aſcended into heaven, and ſitteth on the right hand of God the Father Almighty; from thence he ſhall come to judge the quick and the dead. I believe in the Holy Ghoſt, the holy Catholick Church, the Communion of Saints, the Forgiveneſs of Sins, the Reſurrection of the Body, and the Life everlaſting.* Amen.

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OUr *Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil.* Amen.

Bleſſing, and Honour, and Glory, and Power be unto him that ſitteth on the Throne, and unto the Lamb for ever and ever. *Amen.*

GLory be to God on high, on Earth peace, good will towards men. I praiſe thee; I bleſs thee; I worſhip thee; I glorifie thee; I give thanks to thee for thy great Glory and Goodneſs, O Lord God, heavenly King. God the Father Almighty; For thy Son *Jeſus Chriſt*, manifeſted in the Fleſh, to deſtroy the works of the Devil; and who is the Fountain of all thoſe Mercies both Spiritual and Temporal, ſo freely and plentifully beſtowed on me thy moſt unworthy Creature, from time to time, particularly, that thou haſt protected me this laſt Night from all perils Ghoſtly and Bodily, and brought me to ſee the light of another Day, whereas thou mightſt juſtly have ſuffered me to ſleep in death, by reaſon of thoſe manifold and heinous ſins wherewith I have from time to time offended thy Divine Majeſty. I have ſinned! and what ſhall I ſay unto thee,

O thou *Preſerver of Man?* I have left undone thoſe things which I ought to have done; and I have done thoſe things which I ought not to have done, and there is no health in me: But thou, O Lord, have mercy upon me moſt miſerable Offender! O thou, who deſireſt not the death of a ſinner, but rather that he would turn from his wickedneſs and live, *Have mercy upon me*! Spare me, and reſtore me, who do here in all humility confeſs my faults, and do deſire to be penitent for them. Have regard to thy *Bleſſed Son* who is our *Advocate* with thee, O Father, and the *Propitiation* for all our Sins; for whoſe ſake, mercifully grant unto me true repentance, and the aſſiſtance of thy *holy Spirit*, which may teach and enable me to pleaſe thee hereafter in all things, to deny ungodlineſs and worldly luſts, and to live godly, righteouſly, and ſoberly in this preſent World, that ſo at laſt, I may come to thine eternal Joy, through the ſame Jeſus Chriſt our Lord. *Amen.*

ALmighty God our Heavenly Father, who of thy great mercy haſt promiſed *Forgiveneſs* of ſins to all them that with hearty Repentance and true Faith turn unto thee: Have mercy upon me; pardon and deliver me from all my ſins, confirm and ſtrengthen me in all Goodneſs, and bring me unto everlaſting life, through Jeſus Chriſt our Lord. *Amen.*

O

O Lord, our Heavenly Father, Almighty and everlaſting God, who haſt ſafely brought me to the beginning of this day; preſerve me in the ſame, and all other days of my life, from all ſin and danger; and by thy Gracious Governance, diſpoſe all my Thoughts, Words, and Actions this day, to thy Glory, through Jeſus Chriſt our Lord. *Amen.*

MOſt gracious God, I humbly beſeech thee as for this Kingdom in general, ſo eſpecially for him, who is the Supreme Governour thereof; O Lord, grant the King a long life, that his *Years* may endure as *many Ages*; furniſh him with ſafe and wiſe Counſels, and give him an heart of courage and conſtancy to purſue them; Oh! prepare thy loving mercy and Faithfulneſs for him, that they may preſerve him: Let thy Name, *O God of Jacob*, defend him: ſend him *help* from thy *Sanctuary*, and *ſtrengthen* him out of *Sion*; and let us his Servants under thee, ſee with joy, that thou wilt hear him from thy Holy Heaven, even with the wholſom ſtrength of thy Right hand; ſo will we always ſing Praiſes unto thy Name; through Jeſus Chriſt our Lord. *Amen.*

BLeſs, O Lord, the Queen Dowager, her Royal Highneſs the Princeſs *ANNE* of *DENMARK*, and all the *Royal Fami-*

ly; Proſper them with all happineſs, and make them all inſtrumental to the furtherance of thy Glory in this World, and bring them to thine everlaſting Kingdom in the World to come, through Jeſus Chriſt our Lord. *Amen.*

GIve Grace, O Heavenly Father, to all *Biſhops* and *Curates*, eſpecially to *Him* whom by thy good Providence thou haſt appointed my *Spiritual Paſtor and Guide.* Grant that I may reverence his Perſon, and have regard to his good and wholeſom Counſels; ſo that by him I may be conducted, and together with him enter into thine Eternal Joy, through Jeſus Chriſt. *Amen.*

O God, the Creator and Preſerver of all mankind, I beſeech thee for all ſorts and conditions of Men, and eſpecially for thy Holy *Catholick Church*, that one *Faith* may be *Uniformly* profeſſed, as thy *Church* is and can be but *One*; purge it from all *Atheiſm*, *Hereſie*, and *Schiſm*; and grant that all they who do profeſs thy holy Name, may agree in the truth of thy holy Word, and hold the Faith in unity of Spirit, in the bond of Peace, and in righteouſneſs of life, through him who is the only *Head* over all things to his Church, *Jeſus Chriſt* our Lord. *Amen.*

O God of Mercies, and Father of Comforts, have mercy, and comfort all those who are any ways afflicted or distressed in Mind, Body, or Estate; Relieve them according to their several necessities, give them Patience under their sufferings and an happy issue out of all their Afflictions, for Jesus Christ his sake. *Amen.*

GRacious Lord, bless all those who are near and dear unto me, and make them near and dear unto thine own self: All my *Kindred*, * all other my *Friends*, *Acquaintants*, and *Benefactors*, particularly †. Forgive me and them all our sins, and continue us thy Servants in life and death. *Amen.*

* *Here insert your neareſt Relations.*

† *Here particularize whom you think fit.*

THE Lord fulfil the Desires and Petitions of thy Servant, as may be most expedient for me: The Lord bless me and keep me: The Lord lift up the light of his countenance upon me, and give me peace both now and evermore. *Amen.*

PRAYERS *for the* EVENING.

O Lord, I do again humbly preſent my ſelf before thee; let my Prayers be ſet forth in thy ſight as the *Incenſe*, and the lifting up of my hands be an *Evening Sacrifice*, even for Jeſus Chriſt his ſake. *Amen.*

OUr Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy Will be done in Earth, as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil: For thine is the Kingdom, and the Power, and the Glory, for ever and ever. Amen.

Then read a *Pſalm*, which conclude with,

Glory be to the Father, &c.

After it a *Chapter* out of the *New Teſtament*, at the end of which, ſay,

LOrd, now letteſt thou thy Servant depart in peace, according to thy Word.
For mine eyes have ſeen thy ſalvation.
Which thou haſt prepared before the face of all People.

To

To be a light to lighten the Gentiles, and to be the Glory of thy people *Iſrael.*

Glory be to the Father, and to the Son, and to the Holy Ghoſt.

As it was in the beginning, is now, and ever ſhall be, World without end. Amen.

After which, devoutly repeat your Creed.

I *Believe in God the Father Almighty, Maker of heaven and earth; and in Jeſus Chriſt his only Son our Lord, who was conceived by the Holy Ghoſt, born of the Virgin* Mary, *ſuffered under* Pontius Pilate; *was crucified, dead, and buried, he deſcended into hell, the third day he roſe again from the dead, he aſcended into heaven, and ſitteth on the right hand of God the Father Almighty; from thence he ſhall come to judge the quick and the dead. I believe in the Holy Ghoſt, the holy Catholick Church, the Communion of Saints, the Forgiveneſs of Sins, the Reſurrection of the Body, and the Life everlaſting.* Amen.

The Lord be with me. *Amen.*

OUr *Father, which art in Heaven, Hallowed be thy Name: Thy Kingdom come: Thy will be done in Earth as it is in Heaven: Give us this day our daily Bread: And forgive us our Treſpaſſes, as we forgive them that Treſpaſs againſt us: And lead us not into Temptation, but deliver us from Evil.* Amen.

ALmighty and moſt merciful Father, but a moſt ſevere and juſt Judge, to all obſtinate and Impenitent Sinners, I acknowledge and bewail my manifold Sins and Wickedneſs, which I from time to time moſt grievouſly have committed in Thought, Word and Deed, againſt thy Divine Majeſty. I have ſinned, and what ſhall I do unto thee, O thou Preſerver of Man? I have left undone thoſe things which I ought to have done; and I have done thoſe things which I ought not to have done, and there is no health in me. But thou O Lord, have mercy upon me a miſerable Offender! O God, who deſireſt not the death of a Sinner, but rather that he ſhould turn from his wickedneſs and live, Have mercy upon me; ſpare and reſtore me, who deſire in all humility to confeſs my faults, and be penitent for them; Have regard to thy Son *Jeſus Chriſt*, who is our *Advocate* with thee, and the *Propitiation* for all our Sins; for whoſe ſake grant me true Repentance, and the aſſiſtance of thy *Holy Spirit*, to pleaſe thee hereafter in all things, to teach and enable me to deny all Ungodlineſs and Worldly Luſts, and to live Soberly, Godly and Righteouſly in this preſent evil World, that ſo at laſt, I may come to thine eternal Joy, through Jeſus Chriſt our Lord. *Amen.*

Almighty

ALmighty God our Heavenly Father, who of thy great mercy haſt promiſed *Forgiveneſs* of ſins to all them that with hearty Repentance and true Faith turn unto thee: Have mercy upon me; pardon and deliver me from all my ſins, confirm and ſtrengthen me in all Goodneſs, and bring me unto everlaſting life, through Jeſus Chriſt our Lord. *Amen.*

ALmighty and ever-living God, who haſt commanded me to pray for *all Men*; I humbly beſeech thee, moſt mercifully to receive theſe my Prayers which I offer unto thy Divine Majeſty; beſeeching thee to inſpire continually the *Univerſal Church*, and eſpecially *that part of it in theſe Kingdoms*, with the Spirit of Truth, Unity, and Concord: Bleſs him who is Supreme Governour over it, our moſt gracious Sovereign Lord King *WILLIAM*; Treaſure up in him all thy hidden Bleſſings, make and keep him a devoted Servant unto thee, a conſtant Patron of thy Church and Truth; that he may live long, and be full of honourable Succeſs all his days. Bleſs him in his Perſon, in his Actions, in the whole Royal Family, in his Servants, in his People; and this life ended, crown him with *everlaſting Glory*. Under him, bleſs the whole State Eccleſiaſtical and Civil, that Righteouſneſs and Peace may kiſs each other, and we may ſerve and honour thee for ever. *Amen.*

O Lord, bleſs all the afflicted Members of the Body of thy Son, whereſoever, or howſoever diſtreſſed: Send them conſtant Patience, and ſpeedy Deliverance, as ſeems beſt to thee, and is beſt for them: And do unto them according to all thoſe mercies, which I would, or ſhould deſire thou ſhouldeſt ſhew to my own Soul; if at any time thou ſhalt be pleaſed to make my Eſtate as theirs is at this preſent; And then, O Lord, be merciful. *Amen.*

GRacious God, bleſs all the places to which thou haſt made me have any near Reference, every Soul contained in them: All my Friends, Kindred, and Acquaintance; any to whom thou haſt made me any way obliged, eſpecially my *Father*, *Mother*, &c. Lord, I beſeech thee, forgive me and them all our ſins, and continue us thy Servants both in Life and Death; making us doubly dear unto each other, both in the Fleſh, and in the Lord. *Amen.*

ALmighty God, Father of all mercies, I thine unworthy Servant do give thee moſt humble and hearty thanks for all thy goodneſs and loving kindneſs beſtowed on me. Above all, for the *Redemption* of the World by our *LORD JESUS CHRIST*; in him, for the means of Grace, and for the hope of Glory: For all the bleſſings of this Life;

Life; for thy creating, and for thy protection of me all my days; and particularly, that *this day past*, thou haſt preſerved me in my Health, and *aſſiſted me in my Devotions**. Give me, I beſeech thee, a due ſenſe of theſe thy mercies: and Grace and Power to expreſs it by an Obedience to all thy Commandments Go on to preſerve, and take me into thy Protection this Night: Lighten my darkneſs, O Lord, and by thy great mercy defend me from all perils and dangers of this Night, for the Love of thy only Son Jeſus Chriſt our Lord. *Amen.*

* *Or Proſpered me in my Affairs.*

THE Lord fulfil the deſires and Petitions of thy Servant, as may be moſt expedient for me: The Lord bleſs me and keep me: The Lord lift up the light of his countenance upon me, and give me peace, both now and evermore. *Amen.*

Shorter Prayers for Servants, or any others, who may be engaged in neeeſſary Affairs.

For the Morning.

PRaiſed be the Lord, from the riſing up of the Sun, unto the going down of the ſame. Thou art my God, and I will thank thee: Thou art my God, and I will praiſe thee; who haſt lightened mine eyes, that I ſleep not in death; haſt delivered me from the terrors of the Night, and from the evil that walketh in darkneſs; who reneweſt thy Mercies to me every Morning, and haſt given me one day more to ſerve thee and call upon thy Name. I laid me down and ſlept, and roſe up again, for thou Lord only makeſt me to dwell in ſafety: to thee therefore Father, Son, and holy Ghoſt, the bleſſed, glorious and undivided Trinity, be honour and glory this day, and for evermore. *Amen.*

I will ariſe and go to my Father, and will ſay unto him,

FAther, I have ſinned againſt Heaven, and before thee, and am no more worthy to be called thy Son; but turn thee unto me, and have mercy upon me. Remember not mine Iniquities, nor the Iniquities of my Fore-fathers, neither

neither take thou vengeance of my ſins. Have regard to thy Son Jeſus Chriſt, who had no regard to his own life, but laid it down on the Croſs for me: and in him, and for his ſake be reconciled unto me. *Amen.*

Enter not into judgment with thy Servant, *O Lord,* for if thou ſhouldeſt be *extream to mark what I have done amiſs,* what would become of me? For of ſo many millions of ſins that I have committed, I cannot anſwer thee one of a thouſand. But, O thou, who haſt revealed it to me as a *faithful ſaying, that* JESUS CHRIST *came into the World to ſave Sinners,* ſave me, O ſave me, who am the *chiefeſt* of them; waſh away all my ſins in his Blood, bury them in his Grave, that they may never riſe up in this World to ſhame me, or in the World to come to condemn me. *Amen.*

Thou haſt been my ſuccour, leave me not, neither forſake me, *O God of my Salvation*; but go on to create in me a clean heart, a new and contrite heart, and to renew a right Spirit within me. Give me thy *Holy Spirit* to think, and do always ſuch things as be rightful, that I who cannot do any thing that is good without thee, may by thee be enabled to live according to thy will, through JESUS CHRIST our Lord. *Amen.*

O God, the Creator and Preſerver of all Mankind; I humbly beſeech thee for all *ſorts* and

and *conditions of men*; *especially* for thy Holy Catholick Church; for that part of it in these Kingdoms; for him who is the Supreme Governour thereof, our dread Sovereign Lord King *WILLIAM*, and all the Royal Family; for the whole State Ecclesiastical and Civil; for all those who are any way afflicted, or distressed in Mind, Body, or Estate; for all my Relations, Friends, and Benefactors; *particularly*, &c. Endow them all with Heavenly gifts, answerable to their respective Places and Callings; guide them with thy Counsel here, and hereafter bring them unto Glory, through Jesus Christ our Lord. *Amen.*

Defend me, O God, under thy Wings, and keep me safe *this day* under thy Feathers. Give thine Angels charge over me, to keep me in all my ways. Set a watch *this day* before my mouth, and keep the door of my lips. Turn away mine eyes that they behold not vanity; and let not mine heart be inclined to any evil thing. Order my steps in thy Word, that no wickedness may have dominion over me. Prosper thou the work of my hands unto me, O prosper thou my handy-work; and let thy merciful kindness be this day upon me, like as I do put my trust in thee, through the Merits of thine only Son, Jesus Christ our Lord. *Amen.*

Our

Our Father which art, &c.
For thine is the Kingdom, &c.

The Bleſſing of God Almighty, Father, Son, and Holy Ghoſt, be with me, and all related to me, this day, and for evermore. *Amen.*

A ſhort Prayer for the Evening.

O Praiſe the Lord all ye his Servants, ye that by night ſtand in the Houſe of the Lord. With theſe, O Lord, do I now lift up my hands to thy Sanctuary, and will praiſe thy Name for all thy mercies *Spiritual* and *Temporal*, beſtowed on me in JESUS CHRIST, for this days life and protection, for with-holding thoſe ſeveral Judgments which my ſins deſerved, for loading me with a multitude of Bleſſings, which by reaſon of my manifold ſins I have not deſerved. Forgive, O Lord, forgive them all, and increaſe thy Grace upon me evermore; let them not hinder thy Graces hereafter from *deſcending* down upon me, nor my Prayers at this or any other time, from *aſcending* up unto thee, as an acceptable Sacrifice, through Jeſus Chriſt our Lord: *Amen.*

Have mercy upon me, O God, after thy great goodneſs; and according to the multitude of thy mercies do away mine offences. Waſh me throughly from my wickedneſs, and

cleanſe

cleanſe me from my ſin. For I acknowledge my faults, and my ſin is ever before me, O thou who haſt ſent thy Son into the World, not to call the *Righteous* but *Sinners* to Repentance, have mercy upon me, and grant me true Repentance unto life, never to be repented of, and which may bring me to thine eternal joy, through Jeſus Chriſt our Lord. *Amen.*

Keep me, O Lord, *thy poor humble Servant*, with thy perpetual mercy: And becauſe the frailty of man without thee cannot but fall, preſerve me ever by thy help from all things hurtful, and lead me to all things profitable to my Salvation, through Jeſus Chriſt our Lord. *Amen.*

O God, who wouldſt have all to be ſaved, and come to the knowledge of the Truth, have mercy upon all men. Bleſs every member of the Univerſal Church, eſpecially that part of it in this Land of my Nativity, and herein the Kings Majeſty, and the whole Royal Family; all that are in Authority under him, all the Miniſters of thy Holy Word and Sacraments, particularly him to whoſe overſight thou haſt committed me. Give, I pray thee, unto them all according to thy good pleaſure, the bleſſings both of this life, and that which is to come. Forget not peculiarly to ſhew mercy to the Relations, Friends, Helpers, and Well-wiſhers of thy Servant. Let

thine

thine eye of mercy be ever open upon all thy wanting and ſuffering Servants; ſupport them under, and graciouſly deliver them out of all their diſtreſſes, even for Jeſus Chriſt his ſake. *Amen.*

Thy Servant will ſpeak yet once more, and beſeech thee, O Lord, who haſt made the Night for Man to reſt in, as well as the Day to labour, that *this Night* I may ſo take my bodily reſt, that my Soul may continually watch for my deliverance out of this mortal life; and that my ſleep be not exceſſive, according to the inſatiate deſires of the fleſh, but ſufficient to relieve, and maintain Nature. Let me remember thy Name *in the Night ſeaſon*, and commune with mine own heart, and ſearch out my ſpirits, and compoſe them in thee, that I may riſe to ſerve thee in all ſober and godly converſation, through the aid and aſſiſtance of Jeſus Chriſt our only Lord and Saviour. *Amen.*

Our Father which art, &c.
For thine is the Kingdom, &c.

The Bleſſing of God, Almighty, Father, Son, and Holy Ghoſt, be with me, and reſt upon me, and all related to me, this night, and for evermore. *Amen.*

Dire-

Directions how to paſs our days well *and* acceptable *unto God.*

SAint *Baſil* exhorts to this purpoſe, before we do any thing elſe, be we careful to conſecrate the firſt fruits of the day, and the very beginning of our holy thoughts unto the Service of God. Accordingly let the *firſt thing* which you do, and the *firſt Word* which you ſpeak, *every day*, tend to this great and important end the worſhip and acknowledgment of Almighty God; for, as good men have obſerved, upon our *firſt thoughts* do commonly depend the *thoughts* and *actions* of the *whole Day*: Therefore when you firſt awake, you muſt admire and thankfully reſent his great goodneſs for the *laſt nights ſleep*, who might, and deſervedly too, have ſuffered death to ſeize on you *whilſt ſleeping*, and hurried you hence to render an account of what you have done in the fleſh, the reſult of which will be, to think how (on the ſuppoſal of this *dreadful* ſurpriſe) you were prepared, and to conclude and pray, Happy is that Servant, whom his Lord, when he cometh, ſhall find *doing his Will.* Amen. *Be it to thy Servant according to thy Word.*

To which Meditation prefix this holy Ejaculation.

Lighten mine eyes, O Lord, that I ſleep not in death. Amen.

And

And ſubjoin this humble Reſignation of your ſelf into *the hands of God.*

Into thy hands, O Lord, I commend this day my ſoul and my body; beſeeching thee to be ever with me, to direct, ſanctifie, and govern me in the ways of thy Laws, and in the works of thy Commandments, that through thy moſt mighty protection both here and ever, I may be preſerved both in body and ſoul, to ſerve thee the only true God, through Jeſus Chriſt our Lord. *Amen.*

2. *After which*, preſently ariſe, *and at your upriſing*, ſay,

In the Name of God the Father, the Son, and the Holy Ghoſt. *Amen.* Bleſſed be God, the Holy and undivided Trinity, now and for ever. *Amen.*

I *ariſe* from my Bed to glorifie him. He, of his infinite mercy, *Bleſs and keep me this day*, and for evermore. *Amen.*

I laid me down, and ſlept, and roſe up again, for the Lord ſuſtained me.

3. At your Apparelling, ſay,

Put ye on the Lord Jeſus Chriſt, and make no proviſion for the fleſh, to fulfil the luſts thereof. *Cloath me*, O Lord, with the *Ornaments* of thy Heavenly Grace, and *cover me* with the *robes of Righteouſneſs*, through Jeſus Chriſt. *Amen.*

4. *At*

4. *At the* waſhing *of your hands*, ſay,

O *waſh* me throughly from my wickedneſs, and *cleanſe* me from my ſins: Make me a *clean heart*, O God, and renew a *right Spirit* within me, a Spirit cleaving ſtedfaſtly unto thee, through Jeſus Chriſt. *Amen.*

5. After which betake your ſelf to your *Morning Prayers*, and after them, walk a while in your *Chamber*, and bethink your ſelf of the *Buſineſs of the following Day*, and of a prudent and conſcientious tranſaction of them: in the managure of which, conſider what *temptations* may probably *aſſault* you, and arm your ſelf againſt them, what Good your *occaſions* may render you *capable of doing this Day*, and reſolve within your ſelf to do it, and to do it as *effectually* as you can. And be willing to commit *all your affairs to God*, to be guided by his *Counſel*; *protected* and *provided* for by his *Care*; according to the advice of holy *David*, Commit *thy way* unto the Lord, truſt alſo in him and he ſhall bring it to paſs.

6. And for as much as the Apoſtle enjoyns us to *pray always*; and again, to *continue in Prayer*, according to ſhould we follow his injunction; and that we ſhould do nothing elſe but pray, but have our hearts ſo enflamed with the *love of God*, as to be in a continual diſpoſition to pray, and this not only at all *ſet* and *accuſtomed times*, but at *all times*, and upon *all occaſions* and *objects* preſented, raiſe up your ſouls upon the ſpiritual Wings of *Holy Meditations*, *Celeſtial Affections*, *Devout Colloquies* and *Ejaculatory Converſes* with Heaven. Thus *Enoch* walked with God, and was tranſlated. Thus *David* profeſſeth, I have ſet God always before me: And I will give thanks unto the Lord, his praiſe ſhall ever be in my mouth. Correſpondently whereunto

yo

you ſhould furniſh your ſelf with *Meditations* fitted to *every days* ordinary actions, and ſeveral diſpoſitions of your Soul.

When you go forth out of your *Houſe* or *Chamber*, ſay,

The Lord preſerve my *going out*, and *my coming in*, from this time forth for evermore. *Amen.*

When you ſtand upon ſome *high place*, ſay,

Thy Mercy, O Lord, reacheth unto the *Heavens*, and thy Faithfulneſs unto the *Clouds.*

When you behold *pleaſant Fields*, and *variety of Objects*, ſay,

O Lord, how manifold are thy Works! in wiſdom haſt thou made them all: *The Earth* is full of thy Riches.

When you ſee or hear *any thing extraordinary*, ſay,

Bleſſed be the Lord God, even the God of *Iſrael*, who only doth *wondrous things*: And bleſſed be the Name of his Majeſty for ever: And all the Earth ſhall be filled with his Majeſty. *Amen. Amen.*

When

When you hear the *Clock*, or ſee *the hour of the Day*, ſay,

Our *days upon Earth* are but as *a ſhadow*; and we bring *our Years* to an end as a *Tale that is told*; ſo teach me to number *my days*, that I may *apply my heart* unto wiſdom. *Amen.*

When you go to *read the Scriptures*, ſay,

Open thou mine eyes, O Lord, that I may ſee the *wondrous things* of thy Law. *Amen.*

When you are *ſad*, or *diſcontented*, ſay,

Why art thou ſo *full of heavineſs*, O my ſoul, and why art thou ſo *diſquieted* within me? *Put thy truſt* in God, for I will yet *give him thanks* for the help of his countenance.

When you *hunger* or *thirſt*, ſay,

Bleſſed are they that *hunger and thirſt* after righteouſneſs, for they ſhall be filled.

When you are *asked an Alms*, being able to give, ſay,

Bleſſed be God, who hath not only given me *ability*, but this *opportunity* alſo to lay up in ſtore for my ſelf a *good foundation* againſt the *time to come*, that I may lay hold on *eternal life*.

When

When you hear others *evil ſpoken of*, ſay,

Lord, who ſhall dwell in *thy Tabernacle*, or who ſhall reſt upon *thy Holy Hill?* He that hath uſed no deceit in his *Tongue*, nor done evil unto his Neighbour, and hath not ſlandered his Neighbour.

Upon the ſenſe of *your ſins*, and the miſpending of *your time*, ſay,

Call to remembrance, O Lord, thy tender *mercies*, and thy *loving kindneſs*, which have been ever of old. O remember not the *ſins and offences of my Youth, nor of my riper Years.* O deal not with me after *my ſins*, neither reward me after *mine iniquities*, but according to thy mercy think thou upon me, O Lord, for thy *goodneſs.* — *Amen.*

7. Be careful to retire, *ſome part of the day*, into your Cloſet, and devoutly read the Meditation for the Day, at the *end of this Book:* And one very *Friday* as alſo the *Wedneſdays* and *Saturdays* in Lent, and Ember Week, the Litany and Prayers at the *Ninth Page thereof.*

8. Neglect not when occaſion offers, to perform all Spiritual Works of Mercy, *viz.* to *Inſtruct the Ignorant, to correct Offenders, to counſel the Doubtful, to ſuffer injuries with Patience, to forgive offences and Wrongs, to pray for others.* As alſo all Corporal Works of Mercy, *viz.* to *Feed the Hungry, and give Drink to the*

the Thirſty; to Cloath the Naked, to Harbour the Stranger and Needy, to Viſit the Sick, to miniſter unto Priſoners and Captives, to bury the Dead.

9. Next to the Holy Commandments and Injunctions of the Goſpel, be diligent to obſerve the *Precepts of the Church*, viz.

1. " *To* obſerve the Feſtivals and Holidays.
2. " *To* keep the Faſting Days with Devotion and " Abſtinence.
3. " *To* obſerve the Eccleſiaſtical Cuſtoms and Ce- " remonies eſtabliſhed, and that without frowardneſs and contradiction.
4. " *To* repair every Day, Morning and Evening, " (unleſs there be a juſt and unfeigned cauſe to the " contrary) unto ſome Church or Chappel for " publick Prayers, unto which God hath in a more pe- " culiar manner annexed his Bleſſing, that where two " or three are gathered together in his Name, he " will be in the midſt of them.
5. " *To* Receive the bleſſed Sacrament of the Body " and Blood of Chriſt with frequent Devotion, and " three times a year at leaſt: whereof *Eaſter* to be " always one. And for the better preparation thereunto, as occaſion is to diſburthen your Conſcience " of thoſe Sins that may grieve you, or Scruples that " may trouble you, to a learned and diſcreet " Prieſt, and from him, to receive advice, and the " benefit of Abſolution.

10. Poſſeſs your Soul with the *fear of God*, the Judge of all the Earth, who is about your Path, and about your Bed, and ſpieth all your Ways: And dare you ſin in his preſence? Dare you ſo highly affront him to his face, *before whom all things are naked and open?*

11. Before you betake your ſelf to your *Evening Prayers*, think upon all the *Day paſt*, how you have ſpent

ſpent it; that is, what good or evil actions you have done, and what bad inclinations you have reſiſted or amended, asking God pardon for all the offences of it.

12. As *you undreſs your ſelf conſider*, That the time is coming, when you ſhall put off this *Body of Fleſh*, as you do now the *Garments which cover its nakedneſs*; and that you may do this in *peace*, and to your *future happineſs*, your Soul muſt now be ſtript, *and put off concerning the former converſation the Old Man, which is corrupt according to the deceitful luſts, and put on that New Man, which after God is created in righteouſneſs and true holineſs.*

13. *As you enter into Bed*, ſay,

In the Name of our Lord Jeſus Chriſt, who was *Crucified upon his Croſs*, and *laid into his Grave* for me, I lay me down to reſt; He bleſs me, and keep me, He ſave me, and raiſe me up again; and bring me at laſt unto life eternal. *Amen.*

14. *As you betake your ſelf to ſleep*, ſay,

I will lay me down in *peace*, and take my *reſt*; for it is thou, Lord, only that makeſt me dwell in *ſafety. Amen.* Have mercy upon me O Lord, *now*, and at the *hour of death. Amen* Preſerve me while I am *waking*, defend me while I am *ſleeping*, that my ſoul may continually watch for thee, and both body and ſoul may reſt in *thy* peace for ever. *Amen.*

15. Shou

15. Should you in the *night time* lie *awake*, ſay,

O Lord, thou haſt proved and viſited my heart in the *night ſeaſon*, thou haſt tried me: O Bleſſed Father, purge me, that thou mayeſt find no wickedneſs in me, through Jeſus Chriſt our Lord. *Amen.*

Lord, give me grace to make haſte, and not to prolong the time to keep thy Commandments; that I may call my own ways to remembrance, and turn my feet to thy Teſtimonies. And then, *at midnight* will I give thee thanks, becauſe of thy righteous judgments, O Lord, my ſtrength and my Redeemer. *Amen.*

16. In caſe you are not preſently *diſpoſed to ſleep*, devoutly repeat the LI. *Pſalm*, which to that purpoſe you muſt be careful to get *by heart*.

Have mercy on me, O God, &c.
Glory be to the Father, &c.

Brief

Brief Heads of SELF-EXAMINATION, *by way of* Articles *upon the Ten Commandments, to be enquired into by every Christian, especially on the* Friday, *or the day immediately preceding the* Holy Sacrament.

ENter into, and commune with thine own self, O *my Soul*, Judge thy self, that thou be not judged; Condemn thy self, that thou be not condemned with the World; Answer for thy self before God, and in the presence of his Holy Angels, *Guilty or not Guilty of Transgressing*

The First Commandment, in all, or any of these Instances?

1. HAst thou at any time *doubted* whether there be a God, or of his *Providence*, or *his Power*, of his *Mercy* or *Justice*, or any other of his *Attributes?*

2. Haſt thou neglected to *know* God, or to *glorifie* him as God; or to *Love*, *Fear*, *Believe in*, or to *give Thanks* unto him accordingly?
3. Haſt thou *feared* men above him, by committing ſin to ſhun ſome outward diſgraces or ſufferings from them?
4. Haſt thou ſet up in thy thoughts any thing in *Competition* with Gods, as *Pride*, or ſome other *darling Luſt*, or *Intereſt*?
5. Haſt thou in thy proſperous condition been *puffed up* and *forgotten* God, and in danger and diſtreſſes *not truſted in* him, but in ſome other Worldly helps, or unlawful means, to bring thy ſelf out of them?
6. Haſt thou *heeded* too much ſuperſtitious Obſervations, or Dreams, or Fortune-tellers, or vain Predictions of Men, ſo as to *give Credit* to them; or Lots; ſo as to *attempt the knowledge* of ſome ſecret thing by them?

Guilty or not Guilty of Tranſgreſſing *the Second Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou *framed in thy mind* any bodily ſhape or form of God, or *Worſhiped* him

him by an *Image*, or *given* that *honour* to Saint or Angel which is due only to himſelf?

2. Haſt thou *behaved* thy ſelf *irreverently* in any of thy Addreſſes to him, not *Kneeled*, or *Religiouſly bowed* thy ſelf before him?

3. Haſt thou at any time *wilfully omitted* Prayers, Publick or Private, and been *glad* of a pretence to do ſo?

4. Haſt thou contented thy ſelf with coldneſs and deadneſs, or wandring thoughts in thy Prayers; or *drawn near* unto God with thy lips, when thy heart hath *been far* from him?

5. Haſt thou been more *careful* of the outward ceremonial part of thy *Worſhip* than of the inward and ſpiritual?

Guilty or not Guilty of Tranſgreſſing *the Third Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou in thine *ordinary Converſation* uſed any raſh Oath, or eager Execration?

2. Haſt thou *Perjured* thy ſelf, or *Sworn* any thing falſe, knowing it to be ſo?

3. Haſt thou *deſigned to abuſe* thy Neighbour

by *failing* in any Engagement, which hath been in thy power to perform?

4. Haſt thou ſeriouſly *conſidered* and *bewailed* thy frequent and dangerous violations of that *great and ſolemn Vow* which thou madeſt to God in thy *Baptiſm*? As alſo the breach of any other *Religious and Deliberate* Vows and Promiſes made in times of Adverſity, or at any other time, unto him?

5. Haſt thou *unduly regarded*, or *irreverently treated* any of thoſe perſons or things whereon the Name of God is called, as his Prieſts, Word, Sanctuary, *&c.*

6. Haſt thou by a vile and wicked life, *given occaſion* unto others to *Blaſpheme* the Holy Name of God?

Guilty or not Guilty of Tranſgreſſing *the Fourth Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou *Profaned* the Lord's Day, or any other Feaſts or Faſts of the Church by *intending* too much thine own buſineſs, and not *devoting* them chiefly to holy Exerciſes, whereunto they were aſſigned?

2. Haſt thou been ſatisfied *in them* with the bare

bare use of means without any regard to practice?

3. Hast thou neglected to shew forth *in them* thy Charity to those who stand in need of it?

4. Hast thou, *in them*, neglected Prayer, or Reading the Holy Scriptures, or receiving the Communion?

5. Hast thou profaned the *Lord's Supper*: either, first, by coming to it *ignorantly*, or *without Examination*, or *without Contrition*, and *purposes* of *new life*: Or secondly, By Behaving thy self *irreverently* at it without *Devotion and spiritual Affection*? Or thirdly, by neglecting to keep the *Promises* made at it?

6. Hast thou been *careless of Assigning* some set and solemn times to *humble* thy self for thy sins, or of *calling thy self* to a *daily account* for them, or of *acting revenge* upon thy self by *Fasting*, and other acts of *Mortification*?

Guilty or not Guilty of Transgressing *the Fifth Commandment, in all, or any of these Instances.*

1. HAst thou *refused Obedience* to the lawful Commands of the King, or any in

Authority under him; or *ſowed Sedition* among his People?

2. Haſt thou *grudged* his juſt *Tributes*, or *judged* and *ſpoken evil* of him?

3. Haſt thou *grieved* or *deſpiſed* thy ſpiritual Fathers, ſuch as *labour* for thy ſoul?

4. Haſt thou ſought to *withold* from them their juſt maintenance?

5. Haſt thou *forſaken* thy lawful Miniſter to *follow* factious Teachers and Conventicles?

6. Hath thy behaviour been *ſtubborn* and *irreverent* unto, and haſt thou *deſpiſed* thy natural Parents: either firſt, By publiſhing their infirmites; or ſecondly, By *Contemning* their Counſels; or thirdly, By *Murmuring* at their Government?

7. Haſt thou *neglected*, on any occaſion, to *aſſiſt* them to thy Power, or to *offer up daily Prayers* to God for them?

Art thou a Parent, and

8. Haſt thou been careleſs of inſtructing thy Children betimes in the *ways of God*; but for want of timely *Correction*, ſuffered them to run into *Cuſtoms of Sin*; or encouraged them thereto by thine own *evil Example*?

9. Haſt thou diſcouraged them by *harſh and cruel uſage*, and not provided for their ſubſiſtence according to thine ability?

Art

Art thou a Brother *or* Siſter, and

10. Doſt thou want affection towards thy *Brethren* or *Siſters*, but ſometimes harboureſt *Envyings* and *Heart-burnings* in thy heart towards them?

Art thou an Husband, and

11. Hath thy behaviour been *unkind*, *froward*, and *unquiet* towards thy Wife, not bearing with her *Infirmities*?

12. Haſt thou *neglected to pray* for her, and not *endeavoured to advance* her good, ſpiritual and temporal?

Art thou a Wife, and

13. Haſt thou ſtriven for *Rule* and *Dominion* over thy Husband, and reſiſted his *lawful Commands*, and not *prayed* for him?

Art thou a Maſter, and

14. Haſt thou uſed thy Servants *cruelly* and *tyrannically*?

15. Haſt thou been *careleſs* of their Souls; either firſt, By not providing them *means of Inſtruction*: Or ſecondly, Not *admoniſhing* them when they commit ſin: Or thirdly, Not allowing them time for *Prayer*, and the *Worſhip of God*?

Art thou a Servant, and

16. Haſt thou *diſobeyed* the *lawful Commands* of thy Maſter?

17. Hast thou murmured at his *Rebukes*?
18 Hast thou purloined his *Goods*, or carelessly wasted them?

Guilty or not Guilty of Transgressing *the Sixth Commandment, in all, or any of these Instances?*

1. HAst thou hastened thine end by *wilful intemperance* and *disorderly living*?
2. Dost thou want *bowels of Mercy* and *Compassion* to thy poor Neighbours, and not minister unto their Necessities?
3. Art thou guilty of Murder, secret, or open?
4. Hast thou wished in thine heart the death of any of thy *Neighbours or Relations*?
5. Hast thou *maligned*, and been *causelessly* or *sinfully angry* with thy Neighbour? Hast thou born any *Hatred*, or *Malice*, or *Revenge* in thy heart towards him?
6. Hast thou not rejoyced in his *good success*, but envied his *welfare*?
7. Hast thou drawn any to *Drunkenness*, or other Vices which may bring *Diseases* or *Death*?
8. Hast thou *maimed* or *hurt* the body of thy Neighbour?

9. Hast

9. Hast thou stirred men up to *fighting* or *quarrelling*?
10. Hast thou *rashly wished* thine own death?

Guilty or not Guilty of Transgressing *the Seventh Commandment, in all, or any of these Instances?*

1. HAst thou *actually defiled* thy Neighbour's Wife, or thy body by Adultery, Fornication, Lasciviousness, Uncleanness either of *hand or eye*?
2. Hast thou *deliberately pleased* thy self with, and *consented* unto any foul lascivious Thoughts, impure Fancies and Desires?
3. Hast thou *delighted thy self* in wanton Company, in unchast Songs, or filthy obscene Talking?
4. Hast thou not *laboured to subdue* thy body by Fasting, or other Severities, but rather *pampered* it to heighten thy Lust?
5. Hast thou *patched or painted* thy face, or otherwise *adorned* thy body with a design of rendring others *Lustful or Carnally* desirous of thee?

6. Haſt thou been proud of thy Apparel, or beſtowed too much *time*, *care*, or *coſt* about it?

Guilty or not Guilty of Tranſgreſſing *the Eighth Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou been *content* with that ſtate, what ever it be, wherein thou art?
2. Haſt thou been *Idle* or *Negligent* in that condition of life whereunto thou art called?
3. Haſt thou been *too vehement upon*, or *ſpent too much time* at lawful Recreations; or been at any time *drawn* by them to Anger or Covetouſneſs?
4. Haſt thou not been *ſo exact in paying and dealing* with thoſe thou haſt traded with as thou wert able, and in juſtice wert bound?
5. Haſt thou in *buying or ſelling* uſed Arts of deceit, or *exacted* on the neceſſities of thy Neighbour?
6. Haſt thou by *Violence*, or *colour of Law* or *Cozenage*, or any other *undue means* taken from thy Neighbour what belonged not to thee?

7. Haſt

7. Haſt thou kept back the wages of the Servant and Hireling?

Guilty or not Guilty of Tranſgreſſing *the Ninth Commandment, in all, or any of theſe Inſtances?*

1. HAſt thou been forward to believe *ill reports* of thy Neigbour?
2. Haſt thou *cauſeleſly* ſuſpected, or *raſhly* judged of him?
3. Haſt thou invented, or ſaid any thing falſe that hath been injurious to his good Name and Reputation?
4. Haſt thou falſly denied the truth, or refuſed at any time to bear witneſs unto it, either out of *fear* or *flattery*?
5. Haſt thou *willingly* given ear to Slanderers, Buſie-bodies, and ſuch as go about with Lies?
6. Haſt thou pleaſed thy ſelf in *raiſing* and *whiſpering* vain and fruitleſs Lies?
7. Haſt thou *railed* at thy Neighbour for any Injuries done unto thee?
8. Haſt thou *deſpiſed*, or *ſcoffed* and *derided* him for his Infirmities?
9. Haſt thou diſſembled, or dealt doubly with him?

10. Haſt

10. Hast thou been desirous to *seem*, and to be *reputed* greater or better than thou art?

Guilty or not Guilty of Transgressing *the Tenth Commandment, in all, or any of these Instances?*

1. HAst thou at any time *inordinately* lusted after what belongs to others?
2. Hast thou entertained *secret Covetings* in thy thoughts, with any delight or complacency in them?
3. Hast thou harboured a thought or desire to hurt, or *any way* prejudice thy Neighbour?

Lord have mercy upon us, and incline our hearts to keep this Law.

Col-

Collects *for particular Graces.*

For Faith.

ALmighty God, whom without *Faith* it is impoſſible to pleaſe; grant me, I beſeech thee, ſo perfectly to *believe* in thy Son Jeſus Chriſt, that my *Faith* in thy ſight may never be reproved; and being called to the knowledge of thy Grace, and *Faith* in thee, and admitted into the *fellowſhip of Chriſts Religion*, I may eſchew thoſe things which are contrary to my Profeſſion, and follow all ſuch things as are agreeable to the ſame, through Jeſus Chriſt our Lord. *Amen.*

For Hope.

BLeſſed Lord, who haſt cauſed all *Holy Scriptures* to be written for our learning; grant that I may in ſuch wiſe *hear* them, *read*, *mark*, *learn* and inwardly *digeſt* them, that by *Patience* and *Comfort* of thy *Holy Word*, I may embrace, and ever hold faſt the *bleſſed hope* of ever-

everlasting life, which thou hast given us in our Saviour Jesus Christ; and that I may therefore purifie my self, even as he is pure, that when he shall appear again with power and great glory, I may be made like unto him in his eternal and glorious Kingdom, where with thee O Father, and thee, O Holy Ghost, he liveth and reigneth, ever one God, World without end. *Amen.*

For the Love *of God.*

O God, who hast prepared for them that *love thee*, such good things as pass mans understanding, pour into my heart such *Love towards thee*, that I *loving thee* above all things, may obtain thy Promises which exceed all that I can desire, through Jesus Christ our Lord. *Amen.*

For Charity.

O Lord, who hast taught us, that all our doings *without Charity* are nothing worth; send thy *Holy Ghost*, and pour into my heart that most excellent gift of *Charity*, the very bond of Peace, and of all Vertues, without which whosoever liveth, is counted dead before thee. Grant this for thine only Son Jesus Christs sake. *Amen.*

For

For Chastity.

O Holy Jesus, who wert conceived in the Womb of a *Virgin*, I beseech thee grant thy Servant grace to withstand all temptations of the *Flesh*, and with a pure and clean heart to follow thee the only God, even for thine own mercies and merits sake. *Amen.*

For Contrition.

ALmighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are *penitent*: Create and make in me a *New* and *Contrite Heart*, that I worthily *Lamenting my sins*, and *acknowledging my wretchedness*, may obtain of thee, the God of all mercy, perfect *Remission* and *Forgiveness*, through Jesus Christ our Lord. *Amen.*

For Devotion.

MOst great God, who hast not only *Permitted*, but *invited* us *needy* and *miserable Creatures* to present our *Petitions* to thee: O let me set a true *value* on this most *invaluable Privilege*. I come unto thee, O Lord, as a *Worm* to my *Sovereign Maker*; I come as an

Henious

Heinous Offender to a juſt and *ſevere Judge*; let, I pray thee, mine addreſſes to thine houſe be with a Reverence ſome way anſwerable to thine *awful Majeſty*; give me an *hearty deſire* to pray, and ſuch a *pure intention* and *fixedneſs of mind* upon thee, that I may no more incur the guilt of drawing near to thee with my *Lips*, when my *Heart* is far from thee: But may ſo ask, that I may receive; ſeek, that I may find; knock, that it may be opened unto me; that ſo from praying to thee here, I may be tranſlated to the praiſing thee eternally in thy Glory, through Jeſus Chriſt our Lord. *Amen.*

For the Fear of God.

MOST great God, who only art high, and to be feared, O put thy *fear* into my heart, that I may not ſin againſt thee; let me never ſo miſplace my *Fear* as to be *afraid* of man, whoſe breath is in his Noſtrils: But fill me, O Lord, with the Spirit of thy Holy *Fear*, which is the beginning of Wiſdom, and let it preſerve me in a perpetual conformity to thy Will in all things, through Jeſus Chriſt our Lord. *Amen.*

For Contentedneſs.

O God Heavenly Father, who by thy Son Jeſus Chriſt, haſt promiſed to all them that ſeek thy Kingdom, and the Righteouſneſs thereof, all things neceſſary to their bodily ſuſtenance; keep me, I beſeech thee, under the protection of thy good providence, and learn me in whatſoever ſtate I am, therewith to be *Content:* Grant me grace to forſake all *covetous deſires* and *inordinate love of Riches*, and ſo to paſs through things *Temporal*, that I finally loſe not the things *Eternal*; but that among all the ſundry and manifold changes of the World, my heart may ſurely there be fixed, where true joys are to be found, through Jeſus Chriſt our Lord. *Amen.*

For Diligence.

O Lord, who in thy holy Goſpel didſt ſentence the *ſlothful* and *unprofitable Servant* to be caſt into outer darkneſs: grant that I may not ſtand here *all the day idle*, but may give all *Diligence* to make my *calling* and *Election* ſure; make me in ſome meaſure *uſeful* to my ſelf and others, both as to *This*, and a *better Life.* O let me never lay mine eyes to ſleep, nor mine eyelids to ſlumber, but learn and labour to get

my

my own living, and to do my duty in that ſtate of life, whereto it hath pleaſed thee to call me, through Jeſus Chriſt our Lord. *Amen.*

For Humility.

ALmighty God, who reſiſteſt the *proud*, and giveſt Grace to the *Humble*; mercifully grant that I may follow the example of the great *Humility* of thy bleſſed Son, who did *humble* himſelf to take upon him our Fleſh, and to ſuffer death upon the Croſs: Convince me that I am leſs than the leaſt of all thy mercies: that as I am vile in my ſelf, ſo let me be vile in mine own eyes, and may therefore eſteem every man better than my ſelf. Grant this, O Father, for thy Son Jeſus Chriſts ſake. *Amen.*

For Juſtice.

OThou King of *Righteouſneſs*, who loveſt *Righteouſneſs*, and art mighty to ſave; give me Grace to obtain this love of thine by cleanſing my heart and hands from all *fraud and injuſtice*; O grant that I may moſt ſtrictly obſerve that ſacred Rule of doing unto all men, as I would they ſhould do unto me; that I hurt no body in word or deed, but be *true and juſt* in all my dealings; that ſo keeping *innocency*, and taking heed unto the thing

that

that is *right*, I may have peace at the laſt, even peace with thee, through Jeſus Chriſt our Lord. *Amen.*

For Meekneſs:

ALmighty God, who haſt given thine only Son, to be unto us both a *Sacrifice* for ſin, and alſo an example of godly life; give me Grace to learn of him who was *meek and lowly* of heart, to put on bowels of *mercy*, *meekneſs*, and *long ſuffering*; to be ſo far from offering the leaſt injury, that I may never *return the greateſt*: And grant, I beſeech thee, that the courſe of the World may be ſo peaceably ordered by thy Governance, that I may joyfully ſerve thee in all *godly quietneſs*, through Jeſus Chriſt our Lord. *Amen.*

For Sincerity.

OHoly Lord, who ſearcheſt the heart, and trieſt the reins, try me, I beſeech thee, and ſeek the ground of my heart; purge it from all *Hypocriſie*, and ſuffer not any accurſed thing to lurk within me; give me *truth* in the inward parts, to be *pure in heart*, that I may be qualified to ſee thee in thy Kingdom, through Jeſus Chriſt our Lord. *Amen.*

For Temperance.

GRacious Lord, who refreſheſt us with thy good Creatures, and art the Author of all good things which we do enjoy; give me Grace, I pray thee, to uſe them with *thankfulneſs and moderation*, let me never be overcharged with *Surfeiting* and *Drunkenneſs*, nor my Table be ever made a ſnare unto me; but that I may ſo *eat* and *drink*, that my fleſh may be ſubdued to the Spirit, and I may ever obey thy godly motions in Righteouſneſs and true Holineſs, to thy Honour and Glory, through Jeſus Chriſt our Lord. *Amen.*

For Thankfulneſs.

GRâcious God, who haſt taught me, that it is a joyful and pleaſant thing to be *thankful*; ſuffer me not, I beſeech thee, to loſe my part in that Divine pleaſure, but make me truly and unfeignedly *thankful* to thee for all thy mercies: Let thy mercies lead me to Repentance, and give me grace to improve them all to the advancement of thy Glory, and the furtherance of my Salvation, through Jeſus Chriſt our Lord. *Amen.*

For

For Truſt in God.

O God, who never faileſt to help and govern them whom thou doſt bring up in thy ſtedfaſt fear and love; Grant, I pray thee, that I may *lean* only upon the *Hope* of thy heavenly Grace, and in all my troubles put my *whole truſt and confidence* in thy *mercy*, caſting all my *care* upon thee, and being *careful for nothing*, but to keep thy Teſtimonies, and think upon thy Commandments to do them. Grant this, O Father, for Jeſus Chriſt's ſake. *Amen.*

For Perſeverance.

O Lord, raiſe up, I pray thee, thy power, and come among us, and with great might ſuccour me; that whereas through my ſins and wickedneſs, I am ſore lett and hindred in running the Race that is ſet before me; thy bountiful grace and mercy may help and ſtrengthen me to hold out unto the end, ſo that I may be ſaved; to be faithful unto death, that I may receive a Crown of life: nouriſh me, I pray thee, with all goodneſs, and of thy great mercy keep me in the ſame, through Jeſus Chriſt our Lord. *Amen.*

A

MEDITATION

FOR

Every Day of the Week.

Mondays Meditation.

Of the End for which I was Born.

MY God, who is not capable of any acceſſion of Glory or Happineſs by bringing me into this World, yet hath been pleaſed to bring me out of nothing, and give me a Being, that ſo he might make me the Object of his love, and hath now placed me in a condition far above all his other Creatures, except his Angels, and as all his other Creatures are ſubſervient to my uſe, ſo hath he alſo ordained thoſe heavenly pieces of his Creation to be miniſtring Spirits for my protection and advantage; and hath given me an Underſtanding, Will, and Memory; a Body, vigorous, active, fit for employment of

of ſeveral kinds. But ſurely as I did not make my ſelf, nor give my ſelf thoſe endowments: ſo am I not to think, that I am made for my ſelf, or to ſerve my ſelf alone: No, I am told by *Solomon*, that God made all things for himſelf; and if all things then my ſelf too, who enjoy no ſmall ſhare of his loving kindneſs; and therefore now I am not free, and at my own appointment and diſpoſition in the World, but am obliged to perform the thing for which I was ſent into this habitation: And upon my moſt ſerious recollection I am convinced, that for no other matter, or cauſe, or end I was born or placed here, but only to ſerve God in this Life, and by this ſervice to gain Heaven and Salvation in the Life to come. *Moſes* tells me, that we were created, that we ſhould be a holy People to ſerve our God; and for this end we were redeemed, *Luke* 1. 74, 75. to ſerve God in holineſs and righteouſneſs all the days of our life. Since then it is thus, that the end and final cauſe of my being in this World is to ſerve God, and thereby to work out my own ſalvation, whatſoever thing I do, or beſtow my time in, which is either contrary, or impertinent, or not profitable to this end, though it were to gain Kingdoms, it is but vanity and loſt Labour, and ſuch as will turn in time to grief and repentance, if I change not my courſes; becauſe

is not the matter for which I came into this World, nor for which I ſhall be demanded an account, except it be to receive judgment and puniſhment for the ſame. Again, ſeeing my only buſineſs and affair in this World is to ſerve my Maker, and ſave my own ſoul, and that all other Creatures here are but to ſerve my uſe to that only end, I deſire to be indifferent to all theſe Creatures, as to Riches or Poverty, to Health or Sickneſs, to Honours or Contempt; and I will endeavour to deſire ſo much or little of either of them as God ſees beſt for me to the attainment of the ſaid end, which is the ſerving of God, and the weal of my own ſoul. And now, O my ſoul, I muſt take thee off from all vain and ſinful delights, and from all immoderate uſe of thoſe that are moſt innocent; and fix my endeavours, and all my actions upon thoſe things which may conduce to thoſe ends, reſolving to ſpend this day accordingly.

A ſhort Ejaculation for this Day.

Lord, ſince thou haſt made me a reaſonable Creature, let me not be more unreaſonable than the Beaſts, who do all according to the Rules thou haſt ſet them: Grant that I may do nothing this day but what may advance thy Glory, and my own happineſs. Amen.

Tuesdays Meditation.

Of Gods Loving kindness to Man.

WHen I consider the parts of my body, or the faculties of my Soul, I am astonish'd at my own dull heart, that I should so ungratefully spend my days without considering the manifold mercies of my God. How many poor Creatures do I behold, whom Nature hath rendered ridiculous by some deformities, in either misplacing, adding, or taking away some of their Members; or else by Palsies, breaking of Bones or some other diseases or sad accidents have been made utterly useless when they were made: whilst my God hath sent me into the World compleatly built, and hath ever since preserved me thus without any of those blemishes or sad inconveniencies, which I see many, that are better than my self, labour under. And then, my reason is perfect and clear without any imperfection, serves me upon all occasions to contrive and manage all those affairs I am ingaged in: whereas many are so stupid and ignorant, so sottish and foolish, that they little differ from the very Beasts that tread upon the Grass, and cannot in any services be useful either to themselves or others. But, besides all these and the other

other advantages I enjoy in common with al Chriſtians, as my being created in the likenes of nothing but himſelf, to no other end, but to be his honourable Servant in this World, and hi Copartner in Kingly Glory for all eternity in the World to come; beſides the redemption and preſervation which I am entitled to: Ye if I do not wretchedly oppoſe his various con trivances for my eternal good, I have many advantages in my Education, and in the daily paſſages of my Life, being aſſiſted by good Books, frequent Inſtructions, conſtant Exam ples, and daily Devotions, which many good people have not the opportunity of. And now I am aſhamed of my Ingratitude to ſo good ſo great, ſo bountiful a Lord, and reſolve with my ſelf for the time to come to amend my life and my former behaviour to him. And ſince I know there is nothing, O Lord, which doth ſo much diſpleaſe thee, or dry up the Fountain of thy Mercy, or ſo binds thy hands from do ing good, as doth ingratitude in the receiving of thy Benefits, wherein I have hitherto ex ceeded all others; but I have done it, O Lord, in my own ignorance, not conſidering thine infinite gifts beſtowed on me, or what account thou wilt demand for the ſame. But now ſee ing thou haſt vouchſafed to make me worthy of this ſpecial grace alſo, whereby to ſee and know my own error, I hope hereafter by di-

ection of the ſame grace to ſhew my ſelf a etter Child towards thee. O my God, I am anquiſhed at length with conſideration of thy ove; and how can I have the heart to offend nee hereafter, ſeeing thou haſt preſerved me o many ways with Benefits? Can I have ands to lift up againſt thee, who haſt given p thine own hands to be nailed upon the roſs for me? No, I truſt not to return to ich Iniquity for the time to come, to which, I eſeech thee, for thy mercies ſake, from thy oly throne of Heaven, to ſay, *Amen.*

The Ejaculation for this Day.

Lord, as thy mercies do ſurround me, ſo grant hat my returns of duty may abound; and let me his day manifeſt my gratitude by doing ſomething ell pleaſing unto thee. Amen.

Wedneſdays Meditation.

Of Sin.

WHen I reflect upon the diſpleaſure which God hath to ſin, to be ſo great, hat he hates all thoſe that work iniquity, that oth the wicked man and his wickedneſs are ateful in his ſight; and finally, that the whole life

life of ſinners, their thoughts, words, yea an
their good actions alſo are abominations un
him, whilſt they live in ſin; and that which
yet more, he cannot abide nor permit the Si
ner to praiſe him, or to name his teſtimoni
with his mouth, as the Holy Ghoſt teſtifiet
When I conſider all this, I cannot but tremb
with fear, leſt I ſhould be one of that numbe
having *careleſly* and *vainly*, and in many thing
ſinfully paſt away my days and years without
much as a ſerious inquiry into my own life, o
how I might give an account to my God: An
when he hath called unto me, and invited m
by any of his gracious methods to good, I hav
rather yielded to the vain and ſinful compl
cencies of my tempting companions, and hav
too often choſen to hearken to, and follo
them in their alluring cuſtoms, than to yie
my ſelf to his Heavenly Will, and the invitat
ons of his holy Spirit: Nay ſince I have mo
ſolemnly dedicated my ſelf to his Service, an
have had the paths of Piety ſmoothed an
made plain for me to walk in with eaſe an
delight, and have had a guide to inſtruct m
in the ways of his Commandments; yet I ſti
feel a coldneſs in my beſt performances, an
my heart is even ready to retreat from hol
duties, and willing again to withdraw me in
to the cuſtomary paths of this fooliſh World
and my treacherous Soul is ready to argue o

heir ſide, to defend and preſently to excuſe its ways, by ſaying, Pride is a point of Gentry, nd having a juſt eſteem of my ſelf; that luttony and pampering my fleſh is a warrantble enjoyment of the Creatures; that anger nd revenge are both effects of a noble mind hat muſt not tamely put up affronts or diſreſpects; that laſciviouſneſs is but a trick of outh; that the immoderate and expenſive Artifices of cloathing, waſhing, patching, and dorning, about which ſo much time is frequently ſpent, are but the innocent ſetting off hat beauty and comely feature, which, they ay, was purpoſely beſtowed by God to be ſet ut to beſt advantage for admiration and deght. Thus am I enſnared by the bewicthing xample of others to betray my own reaſon, o as to have too kind thoughts of all vices nd fooleries of Mankind; I ſhall one day ind that ſuch pleaſant Devices and Dreams vill be turned into Tears, and ſuch fond Conceits into doleful Lamentations; for I know God will not be jeſted with, and that he is he ſame God ſtill, and will ask as ſevere an ccount of me, as he hath done of others beore. Therefore, my Soul, I will drive out of ny heart all vain and fooliſh Complacencies n any thing that may withdraw me from my luty, or engage me into ſin; and I will by Gods aſſiſtance ſpend my remaining days ſo carefully,

carefully, as not willingly to commit any thing I know to be a ſin, or do any action, that I think may offend my God.

The Ejaculation for this Day.

O Lord, let me not this day add to that heap of ſins which I ſtand guilty of, but give me grace to paſs it innocently, that neither in thought, word or deed, any offence may pollute my ſoul. Amen

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Thurſdays Meditation.

Of Death.

I Do now appear before my God a living object of his favour; but how ſoon the Scene may change, and I go hence, is not yet diſcovered to me; poſſibly this very day may be the laſt that I ſhall ever count, and the ſame earth, which I do now ſo negligently tread may ſpeedily receive me into her cold embraces. Nor is the way by which I ſhall paſs from hence leſs uncertain than the time; for I cannot recount how many ways I may fall into thoſe hands of my eternal Judge whereof St. *Paul* conceives great horrour in only thinking. One little ſtone falling from the houſe top as I paſs by, one ſlip of my Horſe

or fall of my Coach as I ride, one ſudden miſchance of a million that may befal me, is able to bereave me of this life, and caſt me into that everlaſtingneſs, out of which the whole World ſhall not be able to deliver me. And if I could triumph over all theſe ſad accidents, and had aſſurance that nothing of miſhap ſhould befal me to hurry me to my Grave; yet I have a war within me, a Seed-plot of corruption which will at length by degrees eat out my juice and marrow, and certainly return me to that Duſt from whence I took my being; and all thoſe Friends and Relations who profeſs ſo much kindneſs, and are my Companions in my merriment, will endeavour to avoid the ſight of me, and leave me a pale carcaſs to be ſacrificed to the gaping Grave, and think no more of me than I am uſed to do of thoſe I now ſurvive. Poſſible ſome one or other dear Friend may paſſionately follow my Hearſe, and mix ſome days and nights with tears for my departure. But alas, when the black attire of Funeral is over, and all my Acquaintance diſmiſſed to their ſeveral houſes, I am lodged in a condition uncapable of alteration; My Body falls to Duſt, and is mingled with its own ruines; But my Soul that appears before the Tribunal of that ſtrict inquiry, that leaves no circumſtance unſearch'd, but takes cognizance of all the paſſages of my life; and accordingly

cordingly I am dismissed into an endless condition of happiness or woe: and this condition I must undoubtedly one time or other arrive at, through the gate of Death. O then let me daily, nay hourly, provide for that passage! I will by frequent meditation of my death, suppress all growth of Sin in me; I will think of the cold sweat of Death, and by that, allay all heat of wanton thoughts: I will think how meanly clad I shall enter into my Coffin, only a shroud and other dresses fitted to cover me from undecency: and this thought shall keep me from complacency in rich attire and haughty deckings: I will think how pale and wan, and loathsom I shall then appear, and by that thought I will subdue and mortifie those pleasing conceits I am too apt to entertain: I will contrive the spending of my days, so as every day may something advance my preparation for a blessed Sentence.

The Ejaculation for this Day.

O *Lord, deliver me from the Corruption of my own life, that so when I die, my corruptible may put on incorruption: and let me this day do something that may add to my comfortable departure out of this life.* Amen.

Fridays Meditation.

Of Judgment.

AS ſoon as I have bid adieu to the World, and am arreſted by the cold hands of Death, I muſt appear before my Judge, ſtript of all my Ornaments, and forſaken of all my Companions; the Book which ſhall be opened, and whereby my cauſe muſt be diſcerned, ſhall be the evidence of my deeds and actions in this life, recorded in the Teſtimony of my own conſcience; and in the infallible memory of Gods unſearchable Wiſdom; ſo that this account will be moſt exact and exquiſite, not omitting the leaſt error or offence that I have committed or paſſed in all my life; and then my particular reward or puniſhment will be aſſigned to my own ſelf, conformable to the quality of this account, wherein ſentence of life or death is to be pronounced accordingly, and that without ever being recalled. But beſides this, there will be another day of my appearance too, when all the World ſhall appear at the ſame General Seſſions, and then my Body ſhall riſe with me again to partake with me either in Joy or Torment, according as it hath been inſtrumental in my good or bad actions, and as it hath acted in thoſe vertues or vices

vices which my ſoul did exerciſe, and there my Saviour Chriſt who was contemptible in this World, and diſhonoured publickly, and put to confuſion with the reſt of his Saints and Martyrs in the ſight of all men, ſhall then ſhew his Power and Majeſty in the ſight of all his Creatures together, but eſpecially of all his wicked enemies, who after that day are never to ſee nor behold him more. And then too my own happineſs or miſery will have its full completion, and receive all the degrees which it is capable of. For men, when they die, do not commonly carry with them all that good or evil which they have wrought, having left behind them divers things which may increaſe their good or ill deſerving after their death; as their examples, their inſtructions given to others, their temporal Faculties or Abilities, Books, Preachings, Exhortations, and other like means, whereby good or evil may proceed after their departure, the reward whereof cannot ſo continently be aſſigned to them; for that their joy and puniſhment, in the places where they are, may daily be augmented by the hurt or good that may be wrought in this World, by the means they left behind them: So 'tis believed by divers, that the glory of St. *Paul* is increaſed daily in Heaven, and ſhall be unto the Worlds end, by reaſon of them who do daily profit by his Writings, and raiſe examples

ples of good life upon the Earth: As alſo on the contrary part, that the torments of Hereticks are continually augmented by the number of them who are from time to time corrupted by their ſeditious and peſtilent writings; the like they hold of diſſolute Poets, and other looſe Writers, who have left behind them laſcivious wanton and carnal Poems; as alſo of negligent Parents, Maſters or Teachers, who by their Careleſneſs and evil examples, gave occaſion to corrupt their Children, Scholars, or Servants committed to their Governments and inſtructions. But after this general day of Judgment once paſt, there ſhall be no more place of pretending upon Earth to either good or evil: for that the World there and then ſhall have an end, and final ſentence be pronounced of whatſoever hath paſſed from the firſt foundation and eſtabliſhment thereof. And is it thus, O my ſoul, that I muſt one day undergo ſo ſtrict a ſcrutiny, that I cannot avoid ſo final a condition? I will ſurely then, clearing and caſting up all accounts and reckonings of my traffick and Stewardſhip in this wordly pilgrimage, according to the advice of my God, have a careful a continual remembrance and conſideration of it, as of the greateſt and moſt important buſineſs that ever I ſhall deal in; and I will look upon it as the moſt forcible means to reſtrain me from ſin

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that possibly may be amongst frail men in this life. Good God, what a wonderful meeting will this be! how joyful to the good, and how lamentably doleful and terrible to the wicked! The godly and righteous being to receive their bodies, wherein they lived, into the league and fellowship of their eternal bliss, shall embrace them with all possible sweetness and delight: but the miserable damned spirits beholding the carcases which were the instruments and occasion of their sin: and, when well knowing that their unspeakable torments shall be increased by their mutual conjunction and association, shall abhor and detest the same and curse the day that ever they were acquainted. And can I now think fit any longer to delay my preparation for this terrible day? I will now enter into a true judgment of my self, my life, state, and actions, that so I may prevent the danger of that day: I will prepare my self, and accept of that good counsel of my Jesus, and watch for that day, that so I may be able to stand in that fiery trial: And my blessed Lord give me his Grace to look better about me than ever yet I have done. *Amen.*

The Ejaculation for this Day.

My God, the Apostle tells me, that if I will judge my self; I shall not be judged of the Lord. O assist me with thy Holy Spirit, to ransack my polluted heart

heart, that I may this day find out and forsake, whatsoever thou abhorrest, that so I may meet my Saviour at that great day of Judgment, with a pure and penitent heart. Amen.

Saturdays Meditation.

Of Hell and the condition of those that are doomed to it.

I Am surprized with horror and amazement when I do but reflect upon this place, and am no less astonished to consider what God hath revealed to us in the Scripture, touching the dreadful circumstances of hellish punishments. And yet to see how little the wicked men of this World do fear; and indeed how little I my self have regarded them; I have not suffered the thought of Hell to dwell upon my spirits, lest it should prove too great an allay and hindrance to my pleasures and earthly contentments. But I am well assured, that this is the only time wherein I may avoid all; now is the season when I may put my self out of danger of all these terrible matters; and therefore this very day I will resolve to fix them in my thoughts, for I know not what shall become of me to morrow; it may be, my heart will then be as hard and as careless of all these affairs as it hath been heretofore. Besides, I know that it cannot

cannot be very long before I muſt be judged and that the pains are intolerable and yet eternal, which do attend and expect the wicked: I confeſs them moſt unfortunate and miſerable, who for pleaſure or commodity of this World are fallen into them: What then ſhould hinder me to diſpatch my ſelf of all impediments, and break violently from the charms of this wicked World which hinder me from this true and zealous reſolution? Why ſhould I ſleep one night, ſeeing this night may chance to be my laſt? I know if I come there with a guilt upon my Soul, any ſin unrepented of, I muſt ſtand to that which is paſt, and according to my former demeanour muſt receive my doom. I ſhall behold a Judge there, whoſe Face I cannot avoid, whoſe Wiſdom I cannot deceive, whoſe Equity I cannot bow, whoſe Severity I cannot mollifie, whoſe Indignation I cannot appeaſe, whoſe Determination I cannot alter, and from whoſe Sentence I cannot poſſibly appeal. Alas! What will all thoſe delicate people do at that inſtant, who live now in eaſe and pleaſure, and can take no pains in the ſervice of God, nor abide to hear the naming of that day? What ſhift, I ſay, will they find out in their extremities? Whither will they turn themſelves? Whoſe help will they crave? They ſhall ſee all things cry vengeance round about them, all things yield them cauſe of fear

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and horror, but nothing any ſpark of hope or conſolation; above them they ſhall behold the Judge offended with their wickedneſs; beneath them, Hell opened, and the cruel Fornace ready prepared to receive them to torment; on the right hand ſhall be their ſins accuſing them; on their left, the Devils ready to execute Gods eternal Sentence upon them; within them ſhall lie their own Conſciences gnawing; without them all damned Souls bewailing; and on every ſide the whole World burning. And whilſt the ſaved are rejoycing and ſinging praiſes to their Saviour, the damned will be blaſpheming and curſing the day of their Nativity. Conſider the intolerable upbraiding of thoſe moſt inſolent infernal ſpirits againſt the miſerable condemned Souls which are delivered to their prey; with how bitter ſcoffs and taunts will they drag them to their torments! Conſider the eternal ſeparation that muſt then be made of Fathers and Children, Mothers and Daughters, Friends and Companions; the one to glory the other to miſery, without any hope ever to ſee or hear any more the one the other; and that which will be as great a grief as any of the reſt, the Son or Daughter going to reſt or joy, ſhall not take pity of their own Parents or Friends that are carried to calamity, but rather ſhall rejoyce thereat, for that it redoundeth to the

Glory

Glory of God for the execution of his Juſtice. O my ſoul, who art now conſidering of theſe things afar off, and then ſhalt be preſent to ſee actually before thine eyes; what a doleful ſeparation will that be! What a parting! O let me think ſeriouſly, where will all my delights, recreations and vanities be at that day, all mine and my Parents pleaſures and paſtimes, and our pride and bravery in apparel, our glittering in Gold and ſweet ſavours and perfumes, our honours and adorations of Cap and Knee, our adulations of Flatterers, our delicate fare and dainty diſhes, our wanton dallyances and pleaſant entertainments? Where are all our Friends and merry Companions, accuſtomed to laugh and diſport the time with us? Are all now gone? O vanity of vanities, when we have moſt need of them they are fartheſt from us, and the remembrance of them ſhall do nothing but torment us: O how ſour will the pleaſures paſt of the World ſeem at that day? How doleful will the cogitations thereof be unto us? How frivolous a thing all the delights, dignities, riches, offices, and other preferments, wherein we take ſuch exceſſive ſatisfaction now, and do weary our ſpirits for gaining the ſame? And on the contrary ſide, how joyful will that perſon be at that inſtant, who hath attended to lead a vertuous life, in reſiſting of ſin, and doing good works, albeit

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it were with much pain and contempt in the World? Moſt happy creature ſhall he or ſhe be that ever they were born, and overwhelmed with joy, that ever they walked the paths of Religion; and no tongue but Gods can expreſs the happineſs. And this by Gods grace ſhall be the buſineſs of my remaining days.

The Ejaculation for this Day.

Holy Father, ſeaſon my Soul with ſuch a dread of eternal torments, that no temptation may ſo bewitch me as to commit any thing that may bring me in danger of them; and let me this day order my ſteps ſo vigantly, that I may contract no ſtain which may occaſion thy diſpleaſure towards me, for Jeſus Chriſts ſake. Amen.

Sundays Meditation.

Of Heaven and the Joys of that Place.

IF a poor afflicted man, that were out of his way, wandring alone in a deep miry dirty Lane, in the midſt of a dark and tempeſtuous night, far from company, deſtitute of money, beaten with rain, terrified with thunder, ſtiff with cold, wearied out with labour, almoſt famiſhed with hunger and thirſt, and near brought to deſpair, with a multitude of other

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miſeries; ſhould upon the ſudden, in the twinkling of an eye, be taken out of that affliction, and be placed in a goodly, large and rich Palace, furniſhed with all kind of clear lights, comfortable fires, ſweet ſavors, dainty meats, ſoft beds, pleaſant muſick, delicate apparel, and honourable company, all prepared for him alone, and all to attend his coming, to receive and embrace him, to ſerve and honour him, and to crown and appoint him King for ever: What would this poor man do? How would he look? Certainly his heart would be raviſhed with that ſudden and exceeding greatneſs of ſo uneſtimable a comfort. Yet ſo ſhall it be, and much more, with thoſe happy Souls that come to Heaven from the troubles of this life; for never was a cool ſhade ſo pleaſant in a hot Summers day, nor a Well-ſpring to the poor Traveller in his greateſt thirſt of the Summer, nor the repoſe of an eaſie Bed to a wearied Servant after his labour at night, as ſhall this reſt of Heaven be to a wearied Soul that comes thither. S. *Paul* tells us, *That we ſhall ſee God face to face*; S. *John* tells us, *That we ſhall ſee God as he is*; both the Apoſtles intimating, that all happineſs is compriſed in that: And the reaſon of all this is, becauſe all the pleaſures, delights, and contentations of this world, wherein mortal men do ſolace themſelves, being nothing elſe but little pieces of Gods incompre-

comprehenſible felicity: The ſame are contained, and much more perfectly in God himſelf, from whom they are derived: So that they are in their own nature imperfect unto men: But now in ſeeing God, we ſhall ſee all the goodneſs and perfection of wordly things compact and united together, and preſented unto us all at once: And then this fleſh of ours that now is ſo cumberſom, grievous to the mind, that now is inveſted with ſo many inconveniencies, ſubject to ſo many mutations, vexed with ſo many diſeaſes, defiled with ſo many corruptions, repleniſhed with ſo many miſeries and calamities, ſhall then be made glorious and moſt perfect to endure for ever without change or mutation, and to reign thus with our Souls everlaſtingly. O what a Joyful day will that be to thee, having lived in the fear of God, and having now atchieved in his ſervice the end of thy Pilgrimage! thou ſhalt come at thy death to paſs from miſery and labor, to life and immortality: And in that paſſage, when others begin to fear, thou ſhalt lift up thy head in hope: What a day of joy ſhall that be unto thee, when thy Soul ſlipping out of Priſon, and conducted by the Angels into the Tabernacle of Heaven, ſhall be received there with the honourable company and troop of that place, with all thoſe bleſſed Spirits with Cherubims and Seraphims, Patriarchs Prophets

Prophets, Martyrs, Virgins, Innocents, Confessors, holy Bishops, and other Saints of God! All which, as they did rejoice at thy conversion from sin; so shall they triumph now at thy Coronation and Glorification: What joy will thy Soul receive at that day, when she shall be presented by her good Angel into the presence of all those Princely States, before the Seat and Majesty of the blessed Trinity! What recital and declaration of all thy Good Works done, and Troubles suffered for the love and service of God Almighty! When, I say, these blessed Spirits shall lay down in all that honourable Consistory, all thy vertuous Acts, with their Particularities, all thy Alms deeds, all thy Prayers, all thy Fasting, all thy Innocence of Life, all thy patience in bearing Injuries, all thy Constancy and Industry, all thy temperance in Meats and Drinks, all the vertue of thy whole life: When, all, I say, shall be recounted there, all commended, all rewarded; shalt not thou now see the value and profits of holy living? Shalt not thou now confess from the bottom of thy heart, that gainful and honourable is the service of God? Shalt not thou now be most joyful, and bless the hour ten thousand times, when thou first resolvedst to leave the slavery of this miserable World, to serve only so bountiful a Lord? Shalt not thou now think thy self beholden most deeply

to

to him or her, that perſwaded thee firſt to make this reſolution: But yet more than this, when thou ſhalt look round about thee, and ſee what a Port and Haven of ſecurity thou art arrived at, and ſhalt caſt back thine eyes upon thoſe dangers thou haſt paſſed, and wherein other men are in hazard, thy cauſe of joy ſhall greatly be increaſed, for thou ſhalt ſee now evidently, how infinite times thou wert in peril to periſh in thy earthly Pilgrimage, if God had not held his ſpecial hand over thee; thou ſhalt now ſee the danger wherein other men are, the death and damnation, wherein ſo many of thy Friends and Acquaintance have fallen, in the eternal pains of Hell incurred by ſundry that uſed to laugh and be merry with thee; all which ſhall augment thy felicity of this ſo fortunate a lot. And now for thy ſelf thou mayeſt be ſecure, thou art out of all dangers for ever; there is now no more need, of fear, or labour, or care; thy only exerciſe will be now to rejoice, to triumph, to ſing Hallelujahs to the Lamb, that hath brought thee to this felicity, and will continue thee there for everlaſting. Moreover, thy happineſs will be much advanced by meeting with all thy godly Friends in Heaven, with Father and Mother, with Brethren and Siſters, with Kindred and Relations, Familiars and Aquaintance, where mutual embraces and welcomings will

ſtill increaſe thy Joy. Add to this the moſt triumphant exultation that ſhall daily be at the freſh arrival of new Brethren and Siſters coming thither from time to time, with the ſpoils of their Enemies, vanquiſhed and conquered in this World. O what a comfortable ſight will it be to ſee thoſe heavenly manſions filled every day with Men and Women, to ſee the Crown of Glory ſet upon their heads, and that in all varieties, according to the infinite varieſty of their Combats and Conqueſts; One for Martyrdom and Confeſſion againſt the perſecutor; another for Virginity and Chaſtity againſt the Fleſh; another for Humility and Poverty againſt the World; another for many Conqueſts together againſt the Devil. And now, my Soul, thou haſt been ſhew'd a faint draught of Heaven, and ſure thou canſt not but from this dull Proſpect, long, deſire, and even pant to gain a little of it. But there is no other way ever to arrive there, there is no hope to be crowned with this wreath of Glory, but by a virtuous and holy life, by keeping of Gods Commandments; for it is not every one that ſaith, Lord, Lord, ſhall enter into the Kingdom of Heaven, but they that ſhall do the Will of the eternal Father of Chriſt, who is in Heaven. And I am well aſſured that whatſoever hath been the ſubject of this Weeks Meditation, either of my Creator or Creation; of my

particular

particular end, or of the Majesty, and Bounty, and Justice of my God and Saviour; as also of the account that he will one day demand of me and of the punishments and rewards laid up for the life to come: All this, I say, hath been to bring me to a true sense and apprehension of my poor soul, and to engage me to a vertuous and holy life here, and so to guide me to inexpressible joy hereafter. The Lord God of Heaven give me grace to make use of all to those blessed ends. *Amen.*

The Ejaculation for this Day.

Lord fix my heart so firmly on thy everlasting Joys, that nothing in this World may ever hinder my pursuits of them, and let this days performances some ways advance my assurance of them, that so when I return to my earth, I may lie down in sure and certain hopes to be transplanted into those mansions, where all tears shall be wiped from mine eyes, and live eternally with my Saviour JESUS. Amen. Amen.

Glory be to God on High.

FINIS.